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MAZDAZNAN
ENCYCLOPEDIA
OF DIETETICS
AND
HOME COOK BOOK

COOKED AND UNCOOKED FOODS
WHAT TO EAT AND HOW TO EAT IT

DR. O. Z. HANISH

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1909

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MAZDAZNAN ENCYCLOPEDIA OF DIETETICS AND HOME COOK BOOK

COOKED AND UNCOOKED FOODS
WHAT TO EAT AND HOW TO EAT IT

"Pick out what's best,
Nature will do the rest."

Fifth Edition

PUBLISHED BY
MAZDAZNAN ASSOCIATES OF GOD
CHICAGO, ILL.
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by
O. Z. HANISH
Chicago, Ill.

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PREFACE.

Since the reprint of the third edition of the MAZDAZNAN ENCYCLOPEDIA OF DIETETICS AND HOME COOK BOOK the plates have been destroyed by fire, we cared not to have the book reset unless we could add some matter that would cover the ground more completely. Engaged in so many diverse pursuits it was impossible for us to yield even to the enormous demands for a cook book. We have added much valuable information in this modest volume, and if given consideration in a truly reflective thought the good counsel herein given cannot fail to produce good results. We consider this work the only one of its kind making domestic science with its culinary department a scientific study, destined to revolutionize our methods of living, leading eventually to the solution of economic problems individualistic and social.

The Mazdaznan Home Cook Book is in accordance to the teachings of the philosophy and science of healing and health thru scientific care of the body and control of mind. If eat we must, may we select only what is most conducive to growth, development, unfoldment and maturity.

Bestowing the Blessings of Peace and
Prosperity unto Perfection in all things.
We are most humbly,

Chicago, 1909.

OTOMAN,
Prince of Adusht.

MAZDAZNAN

Encyclopedia of Dietetics

AND

Home Cook Book.

GRAINS

AND THEIR VALUE.

AS long as man is made up of innumerable intelligences and collective elementaries to perform the work for which he is intended by Nature, and as long as self preservation will continue to be the first law in Nature, just that long he has to continue to draw upon the two factors in life to perpetuate his state, and these two factors or provinces are *breath,* which sustains his intellect, and *nutrition,* which perpetuates his physical propensities.

Breath imparts the knowledge of things and upholds instinct in the grosser, and intuition, blended with reason in the more cultured, leading one's senses to make such selections from the immense storehouse of bountiful nature as to sustain the organic functions in their healthful state.

While fruits are of excellent tonic and vegetables are largely eliminators, neither of them contain enough nutritious value to sustain energy and vitality, altho man may live on them to a goodly old age. The *"staff of life,"* owing to the concentrated nature of compounds basic in their

make up, will continue to be held by the grains, of which there are numerous varieties to select from and which are of inestimable value in their time and season as well as climatic conditions. There are times when one should have barley and at another time oats or rye, again we should alternate with corn and rice, buckwheat and wheat and so forth. Still the *wheat* will continue to remain the main product in any clime filling the bill of fare sustaining perfect health.

The wheat, as well as all other grains, is an improvement due to the ingenuity of man prompted by inspiration. But altho most grains are homogeneous to this planet in a wilder state, the wheat is a cross of grains perfected by the world-renowned agriculturist and horticulturist, Zarathushtra, who lived many thousands of years before Plato, according to Greek chronology.

Upon thoro examination and analysis, it is found that the wheat contains all the essential ingredients corresponding to the elements of the human anatomy. The arrangement of its various qualities is of such a nature that, beginning at the glume as its life center and following layer upon layer to its outer coating, every element conducive to health is embodied, performing or assisting the organs of the body to perform the diverse functions as commanded by Nature. In the glume we find the soluble phosphates in quantities sufficient to quicken the ganglionic system; next to it, in the inner halves, something likened to the ovaries, and which constitutes the greater portion of the kernel, are the starches and albumin, imparting heat and energy; inclosing these ovaries are the nitrogenous substances so necessary for the sustenance of the muscular tissues; encircling it all like unto a protecting layer of the skin are seed coats containing potassium, sodium, calcium, and sucn salts that assist to convert starch into sugar and consequently quicken digestion and promote assimilation; the layer next to this contains such fixed phosphates, sulphur, silicon, chlorine and other minerals which sustain the bones, teeth, sinews, etc.; the outer skin has iron, magnesium and such minerals that are absolutely necessary to promote peristaltic action, assuring proper flushing of the system, giving zest and vigor to the alimentaries, a

condition absolutely necessary to sustain harmonic operations thruout the more delicate system, assuring mental brightness and sustaining man in his premise that will keep him in tune with the Infinite.

Altho thru manifold processes, predigestive and of electrification, all other grains may be improved to take the place of wheat, the latter will continue to hold its own, owing to the fact that no process can be devised to improve upon what Nature has so fully determined in the crystallizing of organized elements. Even as no waters can be distilled to a point to equal fruits, so no preparing, however scientific, can turn other grains to a point as highly developed as wheat. Wheat for this reason has become the ideal food of man for thousands of years and has ever been the ambrosia, the manna of heaven, unto the health of the nations.

The discovery of wheat has been made quite early in the history of man and the fact became generally known that it was indeed the most balanced and most nutritious of all grain foods, supplying in natural proportion all the properties so essential to the building and development of perfect health in the human body.

Once the full value of wheat and its treatment in preparing dishes is realized, man will be able to simplify his methods of living to the extent of realizing the words of our Greater Teacher that "man lives not for food alone, but the very word which proceedeth from the mouth of God." Yea, man will know that there are greater enjoyments, more healthful to the body, and by far more ecstatic experiences conducive to the unfoldment of treasures latent in the mind, than those induced by eating and drinking, and then again to his senses shall be recalled the wonderful words of the Master, saying: "The Kingdom of God does not consist of mere eating and drinking."

With the application of a little ingenuity one can soon learn to prepare innumerable grain dishes which will completely fill the bill; and alternately used in regular order, and in addition with them partake of such vegetables and fruits that are in season, man has the assurance of reaching the goal he strives after — perfect health, prolonged happiness, a harmonious home.

BREAD MAKING.

The most important problem which confronts the health-seeker is that of bread-making. Unless acquainted with the chemistry of cookery, erroneous ideas and actions often lead to the production of an article fit only for a Gatling gun. An old aphorism has it that "bread is the staff of life," but bread as it is made to-day by the majority of housewives could fittingly be dubbed the "staff of death." With reference to the aphorism, we might suggest its analysis. "Staff of life" would literally mean "supporting life," and in this sense it would be advisable to know the kinds of bread which are and are not life-supporting, that discrimination may the more easily be made.

The bread used by the majority of American and European people is made from white wheat flour, or fine flour, and contains 75 per cent starch. As there is no nutriment in starch, this kind of bread leads to partial starvation. Many physical and mental derangements may be traced to its excessive use. Budding manhood and womanhood subjected to the strain of school-room work, often reaps as its reward the blighting touch of brain fever instead of a meritorious education when nerve force is depleted by partaking unwisely of carbonaceous foods. Children should not be given white bread, especially when spread with butter. It acts as a slow poison to their systems and lays the foundation for untimely ill health.

All superfine flours, such as High Patent, Fancy Patent, and numerous others now on the market, are sadly deficient in food values, which have been lost in the milling process, and it is neither profitable nor safe to use them to any extent in bread-making (biscuits and hot cakes are included in the category).

There is a white flour called "low-grade," procured gen-

erally only at a flouring mill, which contains good food value. It is a creamy yellow in color, and if properly used will make nutritious bread. The cost is less than one-half that of the "high patent," and it is far superior as a food, tho, of course, somewhat inferior to the whole-wheat or graham flour.

Most graham flour on the market is merely a blending of patent flour and coarse bran.

Whole-wheat flour is not truly whole wheat, but is merely called so because of the demand for whole-wheat flour. The whole of the wheat ground never makes fully pure white flour, but is rather yellowish and when baked into bread is of a dark color.

The whole wheat ground in a Mazdaznan Mill will give better satisfaction in the making of bread than any flour ground in a regular mill, unless that mill uses the old-fashioned stones for grinding purposes. But even then the flour should be used while it is fresh and not be exposed to air and moisture.

For daily use unfermented bread only should be used for food, as yeast bread increases the fermentative action, destroying the life-giving properties of the food and forcing alcoholic productions upon the organism which proves detrimental to the heart, consequently the nervous system.

After a little practice it will become just as easy to make the unfermented as it is to make yeast bread.

The secret of making unfermented bread, and making it light and sweet, is to have fresh flour, using it while warm. Metal burrs affect the grain in grinding to a great degree, especially when the metal becomes heated during the milling process, consequently only as much grain as needed is to be ground.

It is an established fact that corn which has been ground in an old-fashioned mill will rise when baked even without baking powder, and, in fact, be lighter and more palatable than corn ground in roller mills. Roller-ground corn necessitates the use of baking powder, and when used for such purpose never comes up to the old-fashioned corn bread. What is true of corn and wheat is also true of every other grain and cereal.

It has been demonstrated by chemical analysis and in-

numerable experiments that wheat contains all the elements necessary to sustain life indefinitely. By the use of whole-wheat and graham flour the "staff of life" will ever be at hand to stay the presence of the "grim destroyer." Many new brands of such flour are now on the market, all possessing points of merit. Equal proportions of bolted flour and middling, or shorts, will make a fine bread.

Next to wheat, as food grains, come rye and barley. Barley, tho rich in nitrogenous matter, is deficient in true gluten, and must therefore be mixed with either wheat or rye to make good bread. Rye contains more saccharine than does either wheat or barley, and its nitrogenous matter is closely allied to casein, making it an admirable food.

Oats as a food can be considered as such only during cold weather, or in the northern clime, but even then it must be combined with enough vegetables or fruits to eliminate its heating properties. Combined with other grains, it serves a good purpose in its own season. Oatmeal porridge, unless cooked in a double boiler for from five to seven hours, is practically indigestible and exceedingly harmful to children.

Buckwheat should be used sparingly on account of its heating properties. It will overheat the blood and cause skin eruptions unless combined with the free use of large quantities of fruit.

Rice, when unpolished, serves as an excellent article of food, and combined with fruits and vegetables is equal in nourishing properties to that of wheat, providing it is not swamp-raised. Polished rice, sago, tapioca, arrowroot, etc., are from 75 to 90 per cent starch and may be used sparingly when combined with foods of greater value.

Maize, or Indian corn (yellow variety), is rich in carbon in the form of oil, and very valuable as food in cold climates for generating bodily heat. Little, if any, should be eaten in summer. Corn meal readily spoils because of the ease with which the fatty matter undergoes oxidation. White, or southern, corn contains less oil and may be used as food at all times of the year, tho with less benefit than wheat or rye.

The use of yeast in bread-making is not advisable unless baking is thoro. The process of fermentation, when

not checked by sufficient heat during baking, continues after the bread has been taken into the stomach, and when that organ is in a weakened condition great distress is a result. Statements have been erroneously made that the yeast plant is destroyed during baking, but if investigation is made it will be found that the crust is practically the only portion of a loaf of bread which is entirely free from ferment. All this may be demonstrated by soaking a piece of white yeast bread in a cup of warm water for four hours and noting the changes which take place.

White yeast bread should not be eaten unless it has been toasted to a golden brown in a moderate oven, but not on top of the stove. The browning process changes the starch to dextrin, which is nutritious and easily digested, and also effectively destroys the ferment.

Scientific investigation has shown that the excessive use of white yeast bread is one of the prime causes of inebriety. As there is a considerable amount of alcohol in this kind of bread, its use creates a morbid craving for ardent liquors. This accounts for the reason why many persons are wedded to white yeast bread like a bibber to the morning glass. Should those sanctimonious, motherly souls, working so diligently in the ranks of the Temperance Societies, turn their attention toward the exclusion of meat, yeast bread and starch foods from the family table, intemperance would be a thing of the past.

Our confinement to white bolted flour foods and bakewares has driven man to the excessive use of fleshmeats. Our forefathers used very little or no flesh because they had wholesome bread, which constituted the "staff of life;" they used vegetables in season and made good use of fruit juices, fermented and unfermented. Give us good bread and whole-grained foods, eaten in moderate quantities, and the flesh pots of Egypt will be left behind even as Israel left a state of bondage.

Hot bread, rolls and biscuits for supper are synonymous with "midnight visions," delightful sensations in the epigastrium, and timely visits from the family doctor. A word to the wise is sufficient.

The "sour-dough" method of bread-making should be decried. It is indelicate, and savors of degeneration. The

same may be said of "soured-batter" hot cakes. Cooking changes conditions to a certain extent, but does not remedy the evil. The human stomach is not a fitting receptacle for such ferment, it having passed beyond that stage eons ago.

Baking powders, as a rule, are not blessed with purity, and most of their effervescing properties are due to the presence of alum and ammonia, both highly injurious to the system. Pure baking powder is composed of tartaric acid and bicarbonate of soda, and the mixture of these two chemicals forms rochelle salts. The habitual use of bread made with this agent, tho it might be termed medicated, is very unhealthful, producing dyspepsia and various stomach ailments.

"Sour-milk-and-soda" may be classed with the objectionable methods of bread-making. It is almost impossible to judge the correct quantity of each article to use, and an excess of either will result in a disordered stomach.

Flour should be kept dry, and the least dampness will affect it. Bread made with milk will be whiter and better than that made with water. The milk should be boiled, not heated, and not allowed to get below lukewarm temperature. Milk bread needs little or no shortening, and less flour is required than when water is used. An earthen vessel should be used in preference to wood or tin, as it can be kept cleaner and will preserve the temperature of the "sponge" better.

Salt rising bread is highly recommended, but it requires some practice to make good wholesome bread.

Potato bread may be used with safety, providing potatoes are of a mealy kind and equal quantities of milk and hot water are used, adding one tablespoonful of sugar to every one-fourth teaspoonful of salt, making it all into thin batter, allowing it to stand in a warm place for an hour before turning it into a sponge cake batter. To four medium-sized potatoes one tablespoonful sugar.

We used to make a very fine bread by mixing seconds with middling or shorts, and with a vegetable or a fruit in season had greater endurance and a happier time than all the daintily and scientifically prepared foods could suggest.

BREAD.

PROMOTIVE BREAD.

Grind up three-quarters of a pound of seeded raisins, one-quarter of a pound of figs, with three tablespoonfuls of flaxseed; add two pounds of coarse flour and mix and bake in same manner as unfermented bread. Use fresh when quick relief is desired, otherwise stale bread is advised. Slice it into one-half-inch slices and expose to the sun before putting into bread box. For constipation troubles, very good. Do not use this bread during periods or their consequence.

UNFERMENTED WHOLE-WHEAT BREAD.

Grind wheat grain in a Mazdaznan Grain Mill. Grind it medium coarse. Grind as much as you expect to use, as fresh-ground flour will rise more readily and retain its natural aroma and sweetness. Take a quart of lukewarm water, one tablespoonful salt, two tablespoonfuls sugar and two tablespoonfuls cooking or olive oil. Stir the flour into the liquid until it forms a light paste. Stir rapidly and thoroly. Cover the dish with a cloth and set in a moderately cool place for from three to six hours in accordance to the season. The partly coarse wheat will swell and become aerated, consequently making the dough light. When ready for working the dough, add a little finer-ground flour and knead it with your hands for about half an hour, until it becomes gummy and rolls up like a ball, but it should not be stiff. Put into well-oiled pans which are covered or sealed. Fill pans not more than two-thirds. Place the pans at once in a moderately heated oven. Let the bread bake for three hours before moving it. It should bake for at least four hours. It is well to have a little tin can filled with water at one corner of the oven, which will improve the baking of the bread by virtue of moistened heat (steam). If you want a soft

crust, roll bread in a wet cloth for one to two minutes as soon as it comes out of the oven, or brush it with a brush dipped in water and then rub off with the beaten white of an egg. When cold wrap the bread in wax or oiled paper, seal and put away or put bread into an earthenware crock, set in a dry place, keeping crock covered with paper. This bread thoroly baked will improve with age. It digests easily and promotes action more readily than any other food.

SWEET BREAD.

Grind two-thirds of a pound of seeded raisins in your vegetable grinder. Take a quart of lukewarm water, one teaspoonful of salt, two or more spoonfuls of almond or olive oil (or any vegetable oil), stir it all together in the water, and until the raisins seem to be all dissolved. Then stir into it home-ground wheat (partly coarse) until all forms quite a firm consistency. Cover the dish with a cloth and allow it to stand over night. Then knead the same as you would when making the plain unfermented Oriental bread. Bake in a slow oven for two to two and one-half hours in covered pans. The above dough may be used for fritters by adding a well-beaten egg to the consistency and frying it in plenty of hot olive or vegetable oil.

ORIENTAL FRUIT BREAD.

To one quart of lukewarm water add a pinch of salt and a small teacupful of olive oil. Wash and seed a pound of dates, put all or nearly all of them in the water. Grind your wheat very coarse on a Mazdaznan Mill and add enough of it to the above to make it like chicken feed. Do not have it too moist. Prepare it at night before going to bed. In the morning put in the rest of the dates and about half a pound of the seeded raisins. Work it into the consistency of gum. Do it with your hands. Use covered pans. Put a little of the dough into the pan and sprinkle with raisins. On top of this put in more dough and again raisins and so on until all of it is in the pan. Cover the pan and set in an oven of slow fire. Place a big pan on bottom of the oven, fill with water, putting the

grate on it, and on this place your bread pan. Keep the lower pan always filled with water. You may bake this bread for six hours. It will be perfectly soft and exceedingly palatable. To steam it you may put it in pails and hang them in the boiler, but be careful that no water gets into your bread pails, and boil for six hours. Sometimes it is well to add a little water and work the flaxseed in. Always grind your own flaxseed, and if you want the bread to be sweet, without any aftertaste, use the whole flaxseed. This bread will answer many demands by those of organic complications as well as others. Sliced and toasted, this bread will make rich blood.

BREAKFAST BREAD.

Wheat soaked for several hours, then steamed for two or more hours, then mashed to a pulp and when cool mixed with enough flour to roll out into layers and baked in a quick oven, will prove an ideal food.

BREAD STICKS.

Take two cupfuls of milk, one well-beaten egg, one small teaspoonful of salt, three cupfuls of whole-wheat flour, freshly ground on the Mazdaznan Mill, one teaspoonful of oil, or sterilized butter. Beat the mixture out in the open air, if possible, for three-quarters of an hour, or until it cleaves from the pan, and put immediately into hot breadstick irons and bake for thirty minutes in a hot oven. The above mixture is sufficient to fill the irons No. 22 E. These sticks are particularly suitable for dyspeptic and constipated persons.

ORIENTAL CORN BREAD.

Bring one pint of water, salted to taste, to a boil. Stir enough meal into it slowly to make a thick mush. Take it off the fire and beat it hard with a spoon. After it has become somewhat cool, beat into it two or three yolks of eggs, adding a little oil or clarified butter to it. Beat the whites of eggs thoroly and now stir them into the consistency perfectly. Oil the pan, put the batter into same and bake for half an hour in hot oven.

FRUIT BREAD.

Grind one-half pound each of raisins, of figs, of coarsely ground wheat, one-fourth pound of skinned raw peanuts, two drams of gum arabic dissolved in enough rain or distilled water or fruit juices to moisten these ingredients and roll them out into a stiff consistency. It is best to cream the raisins, the figs and the nuts with the flour separately so as to be able to spray with water the consistency while rolling out. Make into strips, one by six inches, and bake in the hot sun on oiled papers until crisp and dry. Put up in oiled papers will keep. One stick after dinner will prove a good dessert, as it will assist digestion and promotion.

PROMOTION FOOD.

To every quart of coarsely ground flour or half-and-half bolted flour and middling, take one-half a pint of finely ground raw peanuts, add two heaping teaspoonfuls of sugar and a small teaspoonful of salt. Knead into a light consistency and bake in the form of sticks or flat cakes in a fairly hot oven. In summer may be baked in the sun. Sunbaked bread acts on liver more mildly and cures constipation after six weeks' use.

NEILY BREAD.

To three cups of freshly ground wheat add one-half cup of milk or cream and just enough cold water to make a thick batter. It is well to stir the dough much and quickly. Get muffin pans real hot and well oiled. Fill to the top with the thick batter. Set in top of very hot oven for ten minutes, then lower the heat and allow to bake thirty minutes longer. Kept in dry place will keep indefinitely. By wetting them with ice water and returning to oven for a few minutes they will always taste as if fresh. This kind of bread is liked by children and they thrive on it exceptionally.

CORN BATTER BREAD.

Put one-half a pint of buttermilk in a pan and stir into it two teacupfuls of white cornmeal. Dissolve one-half teaspoonful of soda in one-half cupful of milk and stir this into the above gradually. Now add two well-beaten eggs, one teaspoonful of oil and enough salt to taste. Bake slowly until brown.

SALT-RAISED BREAD.

Pour upon a teacupful of milk sufficient boiling water to bring it to blood temperature, about 90 degrees F.,—higher temperature will result in failure—add one-fourth teaspoonful each of salt and sugar; stir in one large tablespoonful cornmeal, or graham flour, and two teaspoonfuls wheat flour; mix all together to consistency of pancake batter and set to rise by placing bowl containing the batter in warm water; should water gather on top, dust in a little flour and stir. If set in the early morning it will rise at noon. Mix as other bread, put in earthenware pans if possible, and let stand until light, when it is ready for the oven. If used with plenty of fruit it will not be harmful. Be sure not to use drinks of any kind when using salt-raised or yeast bread.

TABLE BREAD.

To two quarts flour add one teaspoonful salt, one teaspoonful sugar, two tablespoonfuls clarified butter, or pure olive oil or nut meal. Mix one-half cake hop or compressed yeast with one pint lukewarm water, previously boiled, pour into middle of flour while stirring with wooden spoon until proper consistency for dough is attained, using more flour or water as may be needed. Knead the mass for half an hour or more. If properly stirred and kneaded it will rise to double its size in four hours. Knead again with a little flour, shape into loaves and place into well-oiled warm pans. When sufficiently raised, place in heated oven, adding heat after fifteen minutes' baking. Bake one hour. When done take out of pans and brush with water or milk.

POTATO BREAD.

Take five boiled potatoes, put thru a colander, add two and one-half quarts lukewarm water, one cake yeast foam thoroly dissolved in one-half cupful lukewarm water, sufficient flour to make the thickness of sponge cake. Beat ten minutes and put into warm place to rise over night. In the morning add one tablespoonful salt, two tablespoonfuls sugar, "low-grade flour" enough to make stiff dough. Put on breadboard, with flour to prevent sticking, then knead with knuckles and fists for half an hour. Put in warm place to rise; do not cover. When light, shape into loaves without kneading. When loaves are in pan, run a fork thru them several times. When sufficiently raised, bake in hot oven for forty-five minutes, then change position of pans and bake fifteen minutes longer.

GRAHAM BREAD.

To one quart "sponge" add two parts graham flour, a little Indian meal, salt. Wet up, mix, add half a teacupful of molasses to a loaf. Have the dough very soft. Knead well and set to rise. It takes longer to rise and longer to bake than white bread. Bake in a steady oven for about two hours.

WHOLE-WHEAT BREAD.

Make "sponge" from one-half cupful lukewarm water, one cupful white flour and one-half cake yeast dissolved in one-fourth cupful lukewarm water; cover and set in a warm place, about 90 degrees F., until light and foamy. Add one-half cupful scalded milk cooled to lukewarm, one-half teaspoonful salt, sufficient whole-wheat flour to make a stiff dough. Knead thoroly, mold into a loaf, put in a warm buttered pan, cover closely and set in a warm place until it rises to double its size, then put in a hot oven. After fifteen minutes lower the temperature and continue baking for one hour.

Rye and graham flour made the same way, but require longer baking.

ANISE ZWIEBACK.

Beat the white of five eggs, add yolks beaten with one-half pound of sugar; stir in same direction for twenty minutes until a perfect cream. Add one teaspoonful of anise seeds and one-half pound of flour. Stir together until smooth. Bake in long, narrow tins with rounded bottoms in a moderate oven for twenty minutes. When partly cooled, cut with sharp knife into slices of three-quarters of an inch each, and brown in oven.

STEAMED BROWN BREAD.

Take one pint each of whole-wheat flour and southern white cornmeal, one teaspoonful baking powder, one teaspoonful of salt; mix thoroly and add one-half pint sweet buttermilk or sweet milk, one-half pint sweet almond milk, one cupful pure maple syrup, or sorghum, one cupful seedless raisins. Beat well together and put into buttered double-boiler and steam four hours, then brown in hot oven.

BROWN BREAD.

Take one pint of white "sponge" and add one and one-half quarts of fresh graham flour, one tablespoonful sugar, one tablespoonful salt, and sufficient lukewarm water to form a stiff batter. Knead it thoroly for about half an hour. Set to rise at an even temperature; when light, knead into loaves, using sufficient white flour; let rise to about double the size and bake one hour in hot oven. Have your pans well oiled or buttered. Do not mix batter over night.

RYE BREAD.

Make "sponge" of one quart warm water, one cake compressed yeast (or one teacupful wet yeast), thicken by adding sufficient rye flour to make a batter; put in a warm place to rise over night; in the morning scald one pint cornmeal and when cool add to "sponge." Stir in sufficient rye flour to make a dough thick enough to knead; knead very little, put in deep pans, let rise again, then put into oven and bake one and one-half hours.

GEMS AND PANCAKES.

In making good gems and pancakes it is necessary to use a cold vessel, and all the ingredients to be used should be as cold as possible. The batter should be made in a cool place or out of doors in the shade.

Everything in the line of unfermented breadstuffs must be cold, except the oven or the oil baked in.

In bread-making the rule is to have everything warm, even the water. But if you want good gems or pancakes, use ice water, iced eggs, and iced fruits.

Pancakes may be eaten by the most sensitive stomachs, and invalids, provided the batter is made in a manner given, and particularly well aired, which requires quick beating in the cold air.

We make pancakes in the midst of winter before a cold open draft and without the use of any powders or sodas; they rise and swell by far more than if cream of tartar were used.

We do not recommend any of the prepared baking powders or sodas in foods, but do consider them, as well as many other mineral compounds, as remedial agents in cases of emergency, and where used judiciously.

In the summer it is well to ice everything and, instead of using eggs, would recommend albumen products.

In kidney, bladder and stomach troubles we would advise to leave eggs and albumen out entirely for a time, and where water is to be used to make batter, always dissolve four drams of gum arabic to the pint of water.

Eat foods so prepared that they act as a medicine at the same time.

CORN MUFFINS.

Two cupfuls white cornmeal, one teaspoonful baking powder, two eggs well beaten, one and one-half pints sweet milk; stir well together and bake in hot buttered pans for thirty minutes.

WHOLE-WHEAT MUFFINS.

Three cupfuls whole-wheat flour, two teaspoonfuls pure baking powder, mix by sifting thoroly. Put one beaten egg in one and one-half pints milk, add one tablespoonful melted butter, then stir into the dry mixture. Bake in gem pans in hot oven for twenty-five minutes.

GRAHAM AND RYE GEMS.

To one or two cupfuls of graham or rye meal add two teaspoonfuls of pure baking powder, one cupful sweet milk, two tablespoonfuls melted butter; stir quickly and bake in gem pans twenty-five minutes.

DOUGHNUTS.

Cream together one-half cup of butter and one cup of sugar; add one cup of milk, two beaten eggs, one teaspoonful of cinnamon (or one-quarter of a nutmeg, finely grated, for a change), and one pint of flour that has been sifted with a heaping teaspoonful of baking powder. Add enough flour to make a soft dough. Roll into a sheet nearly an inch thick and cut into shapes with a cutter. Fry to a golden brown in a kettle of boiling oil. In taking them out be careful not to pierce with a fork; drain on soft brown paper.

HEALTH MUFFINS.

To two cupfuls of whole-wheat flour add one-half teaspoonful of fine salt, stir well and add two yolks of eggs well beaten, one and one-half cupfuls of sweet milk. After stirring for a while add the whites of two eggs, beaten to a froth, and gently fold them in. Bake in quick oven for twenty-five minutes.

BEATEN BISCUITS.

Into one quart of flour rub three tablespoonfuls of butter or vegetable oil, one tablespoonful of sugar and one teaspoonful of salt; add enough milk or water to make a stiff dough. Lay it on a floured breadboard and beat until it blisters and cracks loudly. Roll out, cut and prick with fork and bake in rather quick oven.

GRIDDLE CAKES.

Beat thoroly one egg and add to it ice-cold sweet milk, one tablespoonful of butter or vegetable oil, one heaping teaspoonful of sugar, one small teaspoonful of salt, two scant teaspoonfuls of egg baking powder, sprinkle flour enough to make a thick batter, or as heavy cream.

QUICK BISCUITS.

To one quart of fresh flour (if not fresh, expose to sunlight or dry in a moderate oven) add two teaspoonfuls of ice-cold vegetable oil or butter, one tablespoonful of baking powder, one teaspoonful of salt; stir well and add slowly one and one-third cupfuls of milk. Mix quickly, roll out to thickness of one-half of an inch. Cut, and bake in a quick oven fifteen minutes.

POPOVERS.

To one and one-third cups of flour add one teaspoonful of salt and one-half teaspoonful of baking powder; sift it all well and add two well-beaten eggs, one teaspoonful of melted butter or oil, two cupfuls of sweet milk. Pour this mixture over flour and strain into hot and well-oiled gem pans. Bake in very hot oven for fifteen minutes.

CORN BREAD.

Two cups of white cornmeal, two tablespoonfuls of sugar, one teaspoonful of salt, two tablespoonfuls of oil or butter, two teaspoonfuls of baking powder. (If you cream the butter or oil with the flour thoroly, then add

sugar and salt, the baking powder will not be necessary.) Now add quickly two well-beaten eggs and two cupfuls of milk. Bake at once in quick oven for thirty minutes.

CORN PONE.

Take one quart yellow cornmeal, one-half pint white wheat flour, one teaspoonful each of salt and baking powder, one tablespoonful clarified butter or olive oil, one egg; add sufficient sweet milk to make a soft dough. Put in oiled bread pan and spread over top one-half cup thick cream. Bake to a dark brown in hot oven.

PRAIRIE GEMS.

Take three cups of well-sifted flour. Be sure to use an earthenware or china bowl which you warm before sifting flour into it. Take one teaspoonful of salt and three tablespoonfuls of sugar. Stir it all well. Take three cold eggs and beat them well. Add to the above and keep on beating for ten minutes; put into well-oiled pans and bake quickly in hot oven.

GERMAN POTATO PANCAKES.

Grate six large raw potatoes and one onion fine; add three well-beaten eggs, one tablespoonful of sugar, three tablespoonfuls of flour to bind the mixture; salt to taste. Mix as you would griddle cakes and fry in hot olive oil until brown and crisp. Serve with apple, cranberry or rhubarb sauce.

ALL-DAY PANCAKES.

Take one cupful sifted flour; add one-quarter teaspoonful salt and one tablespoonful sugar. Stir it all well. Add one well-beaten egg and thin down batter with lukewarm milk. Beat the batter well and let it stand for half an hour. The pan should contain about one-half inch full of oil. Pour spoonful after spoonful of the batter into the pan at various places, for the smaller

the cakes the nicer they will be. Turn them as soon as the underside begins to turn a brown color. Let no draft strike them while baking. Let them bake nice and crisp and you will be able to use them even when cold.

GERMAN PANCAKES.

One pint milk, four eggs, one heaping tablespoonful flour, one saltspoonful salt. Beat eggs together well, adding flour and salt, then milk. Beat all together until perfectly smooth. Bake in small shallow skillet, using three tablespoonfuls of the mixture for each cake. Pile up on plate and when all are baked sprinkle top with powdered sugar. Cut in sections, as pie is served. These should be very light and delicate.

FRUIT PANCAKES.

Very palatable pancakes can be made by taking one cupful of flour, one tablespoonful of sugar, one-quarter teaspoonful of salt, a dash or two of cinnamon. Stir well and add two thoroly beaten eggs; lastly, one cupful of ice-cold milk. Take two apples, peel them and slice very fine. Stir into the batter. Bring about one-half of an inch of oil in frying pan to high heating point and drop in the batter by the tablespoonfuls. Fry to a golden brown. See to it that the batter remains cold; set it by the open window, door or into the icebox.

Instead of apples, bananas, peaches, pears, plums, persimmons or currants may be used, each and every one developing specific medicinal properties in accordance to preparation.

If desired, left-over cooked vegetables may be used, like onions, parsnips, salsify, carrots and pumpkins, to a good advantage.

Remember, never use water to make the batter with where fruits or vegetables are to be used in the combination.

BEVERAGES.

The habit of tea and coffee drinking has fastened itself upon the American people to such an extent that freedom therefrom can be attained only by persistent effort and added mental force. The present fast age requires a careful husbanding of nervous energy to achieve success, and stimulating beverages offer nothing but a stumbling block to higher aims and aspirations. The evil effects of tea and coffee are too well known to be dwelt upon at length; suffice it to say that habitual drinkers will find a decided relief from their stomach and nervous troubles if cereal coffees and other beverages are used as substitutes. Statistics show that America is the heaviest coffee-drinking nation.

With a little study and experiments most delicious and appetizing drinks may be prepared that will prove of benefit to the suffering and aid the mentally inclined in his search of knowledge by virtue of a more active mind.

CHINESE OR JAPANESE TEA.

All teas, whether Japanese, Chinese or Russian, so called, have more or less merit for medicinal purposes, but are absolutely injurious when combined with foods or meals. The only proper way of preparing teas is to pour a small quantity of hot water upon the tea leaves and allow them to develop, the time varying, in accordance to the kind and age of the tea, from three to fifteen minutes. As soon as the leaves are developed, pour all the boiling water desired into the pot and repour into another pot, throwing away the dregs. If you put a piece of licorice-root or sandelwood into the teapot while tea is developing you will run no risk as to the thein which is the poisonous principle contained in all teas.

Teas are to be used in cases of fevers, colds and lung

troubles only, and then in moderate quantities and mild. Used without sugar and cream the tea will prove of great value, particularly on cold winter nights, and also in the summer, as a tonic whenever feeling intestinal contractions due to eating unripe fruits and vegetables. A good and healthful way to use tea is to grind it fine and prepare it a la drip thru a cheesecloth as you would prepare coffee. Otherwise do not use teas, lest they will go back on you in cases of emergency.

ARABIAN COFFEE,

Or berry coffee, so called, is not a drink or food. It is for medicinal purposes and for that reason is only an occasional drink. If rightly prepared it may be used more frequently during the cold winter months, particularly on holidays. The fact is that for commercial reasons coffee is not allowed to ripen. It is picked green and develops poisons which prove injurious to the liver as well as kidneys. Ripe and well-seasoned coffee, stored for two or more years, then roasted as occasions demand, may be used with less injurious results, if any. But even then coffee is not to be used as a drink with meals, but merely as a light stimulant, consequently as a vesper or evening drink on social occasions.

PROPER USE OF COFFEE.

Roast your own coffee. Get as old a coffee as you can for that reason, or store it yourself. When roasting do not roast it too dark. When done rub the coffee beans with the white of eggs and immediately after with clarified butter. Keep in dry place. Grind the coffee only for immediate use. Grind it fine, but not floury. Always make what is known as drip coffee. For that reason keep a well-cleaned flannel cloth or a double layer of cheesecloth. Put the coffee into cloth and tie it over the pot. Pour about a cupful of hot water over it, and let it stand for one minute and then pour all of the boiling water over it as desired. One heaping teaspoonful of fresh-ground coffee is all that is needed for an ordinary-sized cup. Do not use sugar with your coffee.

When cream is used be sure you pour the cream into your cup first and then the coffee. It will act mildly on the liver and intestines. All coffee should be sipped hot.

In cases of stomach troubles and troubles of the intestines, cramps and spasms, drink hot black coffee with a little rum.

In insomnia, sleeplessness, nervousness, take one tablespoonful of cold black coffee every fifteen minutes until rested.

SPIRITUOUS LIQUORS.

Our abnormal methods of living necessitate the use of spirituous liquors as a medicine, but as habitual drinks they are an abomination and are to be decried. There are organic troubles where red champagne, champagne cider, grape brandy, Jamaica rum, Anise whisky and malt beer will prove of inestimable value in cases where spirituous drinks have never been used. In a normal body these liquors will act like magic and prove excellent means to desirable ends. If used in cases of emergency only we shall have no need of raising the abstinence question. In stomach, liver and consequent heart troubles, chills and fevers, use *salt brandy* as a means of relief, abstaining from food until the trouble has subsided.

SALT BRANDY.

To prepare salt brandy add to a pint of old brandy one teaspoonful of well-sterilized and finely powdered table salt. Shake well. Keep bottle in a cool, dark place. Use one to three teaspoonfuls, according to severity of the case and age. When body does not perspire within half an hour drink elder-blossom tea freely, two to three cups as hot as can be borne, repeating the dose. Where the elder-flower tea does not bring on perspiration use four leaves of jaborandi to one cupful of boiling water, allow to steep three minutes. Drink it hot and repeat dose after half an hour. It will prove unfailing. An unfailing remedy in all troubles, acute and otherwise.

OIL DRINK.

When fatigued and somewhat irregular take one teaspoonful of olive oil, beat it and cut it with the juice of half a lemon. As soon as it begins to froth beat one cupful of boiling water over it and sip it slowly. Use two or more times a week. Excellent after a fast during cold weather.

SWEET TASTE IN MOUTH.

Gather wild rose blossoms in season and dry them. Put them in an earthenware or close jar. After meals wash the teeth and rinse the mouth well and use a few of the leaves, which should be chewed thoroughly and slowly, swallowing the liquid only. This process will give a sweet breath, while a mild tea made from the blossoms will give a clear tint and a beautiful skin, when drank one-half hour after meals.

NEAR COFFEE.

Roast to a golden brown one cup of barley, two cups of whole wheat, one-half cupful of peas, one-half cupful of acorns, adding one ounce of chicory root. If made like drip coffee but poured over twice, will be in flavor superior to the better blend.

COFFEE COMPOUND.

A compound of coffee very delicate in flavor and considered a health drink after a rich meal, is made of blending one pound of common Santos coffee, one-quarter pound of chicory, one-half pound of cocoa shells. All finely ground and kept in tight tin. Use the same quantity as of best coffee and drip but once.

CEREAL DRINKS.

In preparing cereal coffees, herb teas, or cocoa, it will be found that just the least speck of salt and an egg shell added to the articles upon which boiling water is to be poured will improve the drink considerably and aid digestion admirably.

MORNING DRINK.

Take one dozen each of dates and Italian chestnuts. Grind or chop them fine. Pour a quart of sweet evening milk over them. Stir a little. Set aside for an hour or more. If to remain over night grind the dates and chestnuts coarse. When to be used strain through a cloth or fine wire sieve. You may boil the consistency after an hour's soaking, bringing it to a boiling point slowly. When boiling a pinch of salt will be required. For infants or invalids add it to the wheat, oat and barley gruels, which will prove an excellent food, acting lightly upon the bowels.

WHEAT COFFEE.

Roast two pounds of whole-wheat grain until brown. As soon as taken out of the roaster, stir into it the whites of two eggs, well beaten and salted a trifle. Stir well and thoroly and until the grain is perfectly glazed. Keep in a tin or jar. Do not expose to light. Grind enough for immediate use. Three tablespoonfuls will be enough to one quart of water. Grind fine. Do not boil, but drip it the same as Wisdom Coffee. If prepared in earthenware or porcelain pots it will develop a finer aroma than Arabian coffee.

WISDOM COFFEE.

Two cupfuls whole barley, three cupfuls wheat, one-half cupful rye. Roast until brown. Use of this blend three tablespoonfuls to a quart of water. Prepare as follows: Over your pot put a flannel cloth or two layers of cheesecloth; into this place your finely-ground cereal, and pour one cupful of boiling water over it. Let it stand for one minute, then pour the rest of the boiling water on it. Cover tight as quickly as possible. Set over small fire for a minute, but do not allow it to boil up. As soon as all the water has passed the grounds, take off the cloth, throw away the dregs and serve the hot coffee at once, pouring it over fresh cream, and do not pour the cream into the coffee.

HOME COFFEE.

Mix six cupfuls cracked wheat and one cupful New Orleans, maple or sorghum molasses; put in slow oven until well browned, stirring occasionally to prevent burning. Put six tablespoonfuls in two quarts water and boil over slow fire for ten minutes. Serve with cream.

HEALTH COFFEE.

Take a quantity of whole barley (not pearl barley) and soak twenty-four hours in as much water as the barley will absorb. Keep in a warm place. Dry the barley by slow heating and brown in a slow oven, stirring occasionally. Prepare and serve same as Wisdom Coffee.

COCOA.

To one pint boiling water add three tablespoonfuls cocoa mixed with three tablespoonfuls granulated sugar; boil slowly for ten minutes and add one quart boiling milk, white of one egg and a little dash of vanilla extract, with a speck of salt. Mix thoroly and serve hot.

COCOA FROM COCOA SHELLS.

Put four tablespoonfuls of washed cocoa-shells in coffee-pot and pour over them one quart hot water; add egg shell and the white of one egg and boil ten to fifteen minutes. Flavor with one teaspoonful vanilla extract and serve with cream and sugar to taste.

VEGETABLE COFFEE.

Cut into very small pieces one cupful of carrots, one-half cupful of parsnips, one-quarter cup of sweet corn, and roast to a golden brown. Grind only when needed.

CEREAL COFFEE BLEND.

One pound of roasted corn to three pounds of roasted wheat is found an excellent drink in cold weather. Grind fine and drip twice.

BANANA COFFEE

Is made by first drying bananas, then roasting them lightly. An excellent drink with cream and wholesome if used moderately. Used largely to flavor cocoa shell tea with.

COCOA SHELLS

Are better than cocoa or chocolate, when a daily hot drink is necessary. Heating in winter. Cooling when used cold in summer. It is best to grind the shells. To cook them for five minutes; to strain thru cloth and to serve with or without cream. If without cream, vanilla and sugar may be used. Best drink for invalids.

BARLEY COFFEE.

Put a quantity of whole barley (two-row barley, sometimes called coffee barley) into a large pan, and brown in a slow oven, stirring occasionally to prevent burning. Use the same way as Health Coffee.

CHOCOLATE.

Put in graniteware saucepan four ounces shaved chocolate, three tablespoonfuls of granulated sugar, and three tablespoonfuls hot water; stir over hot fire until smooth. Have heated to boiling point in double-boiler one quart milk, into which pour the melted chocolate, beating the while with whisk or fork. Flavor with one teaspoonful vanilla extract and serve with whipped cream.

HERB TEAS.

Made by infusing dried or green stalks, leaves or bark in boiling water; let stand until cold and sweeten to taste. If desired hot, steep for three minutes, then serve. Use cream, sugar or lemon juice.

TEA DRINKS

are most beneficial at night, and shortly before retiring to bed. Linden blossoms and elder blossoms used occasionally, with either lemon juice or a little cream, will prove a wholesome drink.

SLIPPERY-ELM BARK TEA.

Over a handful of broken bark pour one quart boiling water; cover and let stand until cold. Add lemon juice if desired and sweeten to taste.

BRAN TEA.

Slightly brown a quantity of bran in slow oven. Use four tablespoonfuls to one quart water. Boil ten minutes. Serve same as tea, with or without cream and sugar. By adding white of egg, flavor will be greatly improved.

BRAN DRINK.

Put one-half pint bran in earthenware vessel, over which pour two quarts cold water; stir well and set in the sun for two to three hours. Strain thru linen cloth and set in cool place, when it will be ready for use. Fruit juices may be added, but as a nervine it is better plain. Used with wild cherry cordial or grape jelly it will prove refreshing to invalids.

TOAST WATER.

Toast two slices wheat bread in moderate oven until well browned. Break in small pieces and put in granite-ware coffee-pot, pour over two quarts boiling water and simmer five minutes. Serve with cream and sugar to taste.

BARLEY WATER.

Boil two ounces of pearl barley in one-half pint water forty-five minutes, then add two quarts boiling water and a few chopped figs and seeded raisins. Boil thirty minutes, and strain; add a little lemon juice and sweeten to taste.

FLAXSEED LEMONADE.

Over four tablespoonfuls whole flaxseed pour one quart boiling water, add juice of two lemons; let steep three hours, keeping closely covered. Sweeten to taste with rock candy. Excellent for colds.

BRAN LEMONADE.

As a summer drink nothing will be found more refreshing than bran lemonade. It is made as follows: To one-half pint bran add one quart water, and let stand for one-half hour in a cool place. Pour off water and add the juice of four lemons; sweeten to taste with powdered sugar. The phosphates of the bran, which have been absorbed by the water, quickly revive the fagged-out brain and nerves and relieve that "tired feeling;" besides the acid of the lemon is very cooling to the blood in hot weather.

ONION GRUEL.

To one sliced onion and one tablespoonful of bran or rolled wheat, a dash of salt, add one pint of milk. Allow it to come to a boiling point and continue to simmer for fifteen minutes. Eat as hot as can be borne, and shortly before retiring to bed.

RICE WATER.

Take two tablespoonfuls of rice; wash it well, and put in jug, adding one good stick of cinnamon and one quart of hot boiling water. Cover well. As soon as cold, it will be ready to serve. May be used with lemon or any other juice to good advantage. If desired, the rice may be boiled slowly for an hour and then strained.

CURRANT DRINK.

Dissolve one teaspoonful of currant jelly in a glass of cold water, properly filtered. Add chipped ice, the slice of an orange and half of a slice of pineapple. This makes a healthful summer drink.

N. B. Other jellies or jams may be used in the same way. In winter hot water may be used instead of the cold and instead of fresh fruits a few drops of fine liquor may be added.

ORANGEADE.

To the juice of one orange mix two teaspoonfuls powdered sugar, then add one beaten egg and three-fourths cupful water. Very refreshing and nourishing.

HOT LEMONADE.

Bake two lemons in the oven until soft. Squeeze out the contents into a porcelain or graniteware vessel. Add two tablespoonfuls powdered sugar and one pint boiling water. Stir well and drink when sufficiently cooled. Should be taken only just before retiring. Very valuable in cases of colds and pulmonary disorders.

BLACKBERRY WINE.

Take a quantity of blackberries, extract the juice either by pressing thru sieve or by heating on the fire. To each quart of juice add one-half pound of sugar. Boil ten to fifteen minutes, then bottle in the usual manner. The flavor will be improved by the addition of a little cinnamon. Will keep indefinitely. When serving, dilute with water to taste. Very delicious.

APPLE DRINK.

Cut two pounds of apples, keeping the skins, pits, cores, seeds, etc., into halves or quarters and boil in three pints of water until apples become absolutely tasteless. Strain the liquid and use either warm or cold. Prune, raisin and fig drinks are prepared in the same way. Combined with regular food will aid bowel action.

APPLE WATER.

Pour two quarts of boiling water over six apples, finely cut, peelings, cores, seeds included; one ounce of lump sugar, one-half of a lemon rind, fine sliced. Use earthenware jug. Cover it well. When cold strain into another jug, when it will be ready for use.

GRAPE JUICE.

To six quarts stemmed and washed grapes add two quarts water. Bring slowly to a boil, then strain thru a flannel bag. Return juice to the fire, bring again to a boil, bottle and seal at once. Upon opening for use, sweeten to taste with granulated sugar and serve in wine glasses.

CAKES.

In the making and use of cakes and pastry it is well to have a certain knowledge of chemistry and digestion. The principal ingredients of cakes are white flour (starch), sugar and oil; all three being carbon, differing only in form. When separate, and properly prepared, they are not difficult to digest; but when combined, without due knowledge, into one mass, they form a mixture revolting to a sensitive stomach. The fact that sugar is digested principally in the mouth and throat, starch in the stomach, and animal oils emulsified in the duodenum, is sufficient evidence that harmful results follow the taking into the stomach of these three forms of carbon incorporated into one consistent mass. Scientific investigation has proved that only vegetable oils, such as olive, cottonseed, and cocoanut, can, in limited quantities, be digested in the stomach; while animal fats cannot be digested, so must pass to the duodenum, there to be emulsified by the action of the bile and pancreatic juices before they can be assimilated. Again, when the starch cells have been surrounded with animal fats, the action of the gastric juices is impaired and digestion is prevented; fermentation and acidulation follow. From this it can readily be seen that animal fats have no place whatever in cookery, and that they should be entirely superseded by vegetable oils. Cakes, when made with vegetable oils and eaten only in small quantities as a dessert, are not harmful to well-being. Do not bake cakes in tin pans. The oxide of tin, formed by the heat during baking, permeates the cake and poisons the system when eaten. Use pans made from graniteware, earthenware or aluminum. Be sure the flour is perfectly dry. Have eggs cold before whipping. Bake large cakes in a moderate oven. Lay a sheet of clean, white paper on top of cake when first placed in the oven to prevent a sudden forma-

tion of a top crust which would interfere with its rising. Remove the paper when the cake has become thoroly heated and well raised, otherwise it will not brown. A pan of water set in the oven alongside of the cake is often advantageous in preventing burning. To insure fine cakes beat the oil with a fork after heating.

ALMOND COOKIES.

Into three cupfuls flour put one tablespoonful cinnamon cream, one cupful blanched and finely-chopped almonds, adding one and a half cupfuls sugar, three quarters of a cup melted butter and, lastly, the yolks of six eggs. Beat thoroly. Drop small spoonfuls on a well-oiled pan and bake to a light brown.

CREAM CAKE.

Cream one-half cupful oil with one and a half cupfuls sugar. Cream until very light. Add one and a half teaspoonfuls vanilla, one teaspoonful lemon, one cupful warm water, and sprinkle gradually three cupfuls of well-sifted flour. Beat for five minutes, then add the whites of six well-beaten and frothed eggs. Bake for forty-five minutes in well-oiled pan.

SPONGE CAKE.

Into six well-beaten eggs put three tablespoonfuls cold water, grated rind of one lemon and one pint sugar, lastly stir in one pint flour. Work it all quickly and bake without delay.

CHOCOLATE LAYER CAKE.

Beat half a cupful butter to a cream, and gradually beat into it one cupful sugar. When this is light, beat in half a cupful sweet milk, one teaspoonful vanilla. Beat the whites of six eggs to a stiff froth. Mix half a teaspoonful baking powder with two scant cupfuls flour. Stir the flour and whites of eggs, alternately, into the mixture. Have three deep baking plates well oiled, and spread two-thirds of the

batter in two of them. Into the remaining batter stir one ounce of melted chocolate, and spread this batter in the third plate. Bake the cakes in a moderate oven for about twenty minutes. Put a layer of white cake on a large plate, and spread with white glace. Put the dark cake on this, and also spread with white glace. On this put the third cake. Spread with chocolate glace.

SAND HEARTS.

Cream into one-half pound of butter one pound of sugar and one pound of flour with yolks of three eggs. Roll very thin. Take another yolk and beat up with sweet milk and a little nutmeg. Wet the tops of cakes with it before baking.

OATMEAL FLAKES.

Beat very light two eggs. Add four tablespoonfuls cold water, two cupfuls raw oatmeal and one cupful sugar, creamed in one and a half pounds butter, one teaspoonful soda. Enough flour to roll thin. Bake quickly.

CHOCOLATE GLACE.

Put into a granite or earthenware saucepan one-half pint sugar and one-fourth cupful water, boil gently until bubbles begin to come from the bottom, say five minutes. Take from the fire instantly. Do not stir or shake the sugar while cooking. Pour the hot syrup in a thin stream into the whites of two eggs that have been beaten to a stiff froth, beating the mixture all the time. Continue to beat until the glace is thick. Flavor with one teaspoonful of vanilla. Use two-thirds of this as a white icing and to the remaining third add one ounce of melted chocolate. To melt the chocolate, shave it fine and put it in a cup, which is then to be placed in a pan of boiling water.

CHOCOLATE-MARSHMALLOW CAKE.

Sift one and one-half cupfuls flour with one heaping teaspoonful baking powder. Cream four ounces cocoanut butter with one-half pound pulverized sugar; add yolks of three well-beaten eggs. Beat whites of three eggs to stiff

froth. Mix all with flour, adding slowly one gill sweet milk. Flavor with one-half teaspoonful vanilla and bake in two jelly-cake pans.

SORGHUM CAKE.

Two cups flour, one cup sweet milk, one-half cup cocoanut butter or vegetable oil, one heaping teaspoonful soda, one cup sorghum, one-half teaspoonful cinnamon or ginger, mix thoroly, put in oiled pan and bake to a dark brown in hot oven.

NUT COOKIE.

Cream one cupful of butter with one pound light brown sugar, add two well-beaten eggs, one cupful sweet milk, one cupful chopped hickory nuts (or any other nut) and flour enough to stiffen. Roll out, cut and bake in very hot oven. If instead of butter, oil is preferred, take only two-thirds the quantity to that of butter.

MAZDAZNAN CAKE.

Cook one cupful of sugar and four tablespoonfuls of water until it threads. Add it to the beaten whites of three eggs, stirring until cool. Add the yolks of the eggs and one cup of flour. Beat quickly, flavor with vanilla or grated citrus rinds. Bake in quick oven and serve with Dutch frosting.

DUTCH FROSTING.

To two well beaten eggs, add one cupful of granulated sugar and two grated apples of good size, a few drops of lemon flavor. Keep heating until snow-white. To be served with plain layer cake.

CAKE NUTS.

To three tablespoonfuls of ground, raw peanuts, add one-half cupful finely crushed bread crumbs, two eggs, one half cupful milk. Season and flavor to taste. Drop with spoon into hot oil and brown. Other nuts may be substituted for peanuts.

ANGEL CAKE.

To one cupful of sifted flour, add one teaspoonful cream of tartar and sift four times. Now add one and one-half cup of sifted granulated sugar, one teaspoonful of vanilla and fold in the whites of eleven eggs. Bake in an ungreased pan for forty minutes. When done, invert pan on two cups and let stand until cake is cold.

N. B. By adding the sugar to the white of eggs, then the flour with the cream of tartar and lastly the vanilla, will give the cake a different flavor.

SUNSHINE CAKE.

Beat the yolks of eight eggs, add gradually one and one-half cups of sugar, the grated rind of one lemon. Beat, in separate bowl, the white of eight eggs to a stiff froth. Now mix, in a third bowl, alternately the whites with the sugared yolks, adding gently three gills of flour. Stir very gently and just enough to mix well. Lastly add the juice of one lemon. Make into two loaves and bake for twenty minutes in moderate oven.

GINGER BREAD.

Dissolve one-third teaspoonful of soda in a little hot water and put into one cupful of honey (or molasses), add two well-beaten eggs, one-quarter cup of warm oil or melted butter. Stir in two and two-thirds cups of warm, sifted flour and one heaping teaspoonful of egg baking powder. Add two teaspoonfuls of powdered ginger, one teaspoonful of salt and lastly one cup of boiling water. Bake in slow oven.

N. B. The flavor may be improved by allowing a pod of vanilla to boil in the water; the pod to be removed when adding boiling water. One tablespoonful of chopped almonds added with the flour will give it all a decided taste. It is well to ornament the top with a few whole blanched almonds and thin sliced candied citrus.

MARSHMALLOW FILLING.

Boil four ounces chocolate and one-half cup sugar in one-fourth cup water until it will form a thread between the fingers. Take one-half pound marshmallow candy, dissolve in one tablespoonful boiling water and add to chocolate. When cool, spread one-half of the filling over each layer; put them together and on the top one sprinkle finely-chopped nuts.

WEDDING CAKE.

Sift three teaspoonfuls baking powder into one pound flour. Cream one pound cocoanut butter with one pound powdered sugar, to which mix well the beaten yolks of twelve eggs, then add one-half the flour, one tablespoonful each cinnamon, ginger, cloves and mace, one cup maple syrup or sorghum. Add alternately the beaten whites and balance of flour; mix well. Chop well two pounds each seeded layer raisins, currants, citron, almonds, and one-half pound each dates and figs. Add one-half glassful grape juice and mix the whole. Put in two large pans and bake two hours or more in moderate oven. This cake will keep in a cool place for three months.

RAY'S SHORT CAKE.

Sift together two cupfuls whole-wheat flour and two teaspoonfuls baking powder, add one-third cupful clarified butter and one cupful sweet milk. Roll in two layers, each one-half inch thick, and bake well.

STRAWBERRY FILLING.

Mash one quart strawberries in an earthenware dish and add powdered sugar to sweeten; set dish in hot oven until berries are well heated; remove and spread between and on top of the layers. Serve with cream.

CRANBERRY FILLING.

Pick and wash carefully one quart cranberries. Cook five minutes in granite or earthen vessel, using sufficient water to cover, then pour off water, and add same quantity boiling water and after cooking two or three hours, mash

thru colander. Add sufficient sugar to sweeten, then set on back of range and simmer for twenty minutes. Spread between and on top of layers and serve with cream.

NUT-FRUIT FILLING.

Pick and wash carefully one quart cranberries. Cook five minutes in graniteware vessel, with sufficient water to cover, pour off water and add same quantity boiling water, cook two hours and mash thru colander. Add sufficient sugar to sweeten, set on back of range and boil twenty minutes. When cold, add one pint finely-chopped or ground almonds or walnuts, spread between and on top of layers and serve with cream.

GINGER CAKE.

To five beaten eggs mix well one cupful granulated sugar; add one-fourth teaspoonful each ground cloves and cinnamon, one tablespoonful ground ginger, one-fourth pound shredded candied lemon and orange peel, and two cupfuls flour into which has been well sifted one teaspoonful baking powder. When well mixed, add one-half pound Jordan almonds, previously blanched, slightly browned and shredded. Put in large pan and bake one-half hour in moderate oven.

DOUGHNUTS.

Cream one-half cupful cocoanut or clarified butter with one cupful powdered sugar and one egg, add one and one-half cupfuls sweet milk and one-fourth teaspoonful ground cinnamon. Sift together one and one-half pints flour and one-half teaspoonful baking powder; mix all to a soft dough; roll out to one-half inch thickness on well-floured board, cut out with biscuit cutter and boil to dark-brown color in hot cocoanut butter, olive or cooking oil. Serve with powdered sugar.

NUT-FRUIT SHORT CAKE.

Sift together one teaspoonful baking powder and one cupful flour, add one cupful sugar, two tablespoonfuls melted, clarified or cocoanut butter, two well-beaten eggs

and three tablespoonfuls sweet milk. Have all as cold as possible, mix quickly with wooden spoon, put in two jelly-cake pans and bake in quick oven.

TEA CAKE.

Cream one-half cupful cocoanut butter with one and one-half cupfuls powdered or granulated sugar, then add one-half cupful milk. Beat two eggs until very light. Sift together one teaspoonful baking powder with two cupfuls flour. Add to the creamed butter the flour and eggs alternately, then follow with one teaspoonful cinnamon, one-half teaspoonful cloves, one tablespoonful lemon juice, and one-half pound seeded raisins chopped and floured. Bake in moderate oven until nicely browned.

FRUIT CAKE, PAR EXCELLENCE.

Take five pounds seeded layer raisins, two pounds seedless raisins or cleaned currants, one pound figs, one pound citron, one-half pound candied orange peel, one-half pound candied cherries, two ounces candied ginger, one teaspoonful ground cinnamon; chop well and mix thoroly, or, better still, grind all together with a vegetable chopper. Cream one pound cocoanut butter with one pound flour. Separate sixteen eggs; beat whites to a stiff froth; beat yolks with one pound pulverized sugar until light, then add alternately a spoonful each of beaten whites and the creamed butter and flour; beat and mix well. Add the fruit and one pint grape juice, one pint of red, sparkling non-alcoholic wine; mix thoroly and put in large oiled pan and bake two hours in moderate oven. The longer this cake is kept the better it will get. Keep well wrapped in a close box. Almond meats may be used as a substitute for the candied cherries. (Sometimes one pint of grape brandy with grape juice combined improves the cake with age.)

COCOANUT COOKIES.

Cream one cupful of shredded cocoanut in two cupfuls of flour, three-quarters cupful of sugar, one-half teaspoonful of cinnamon; add one-half cupful of butter; lastly, the yolk of four eggs. Drop small spoonfuls on a well-oiled pan and bake to a light brown.

CANDIES.

Pure home-made candies, eaten in moderate quantities only after a meal, are not injurious to the system. Children are often benefited by occasionally eating a small amount of wholesome sweets after a meal, but not before, as digestion is thereby impaired. Do not use cheap candies sold at the stores; they contain glucose and poisonous coloring matter. Avoid the use of syrups which contain glucose. Few brands are free from it, and it is better to make all syrup from sugar at home. Maple syrup, when pure, is the most healthful. Glucose is made by subjecting cornstarch to the action of sulphuric acid and heat, and it has been demonstrated that the use of this product will cause Bright's disease and other kidney disorders. Sorghum should be used only for cooking, and in moderate quantities. The same may be said of New Orleans molasses. Thoroly wash the teeth after eating.

CHOCOLATE CREAMS NO. 1.

Beat whites of two eggs to stiff froth, and into this beat gradually two teacupfuls powdered sugar. Flavor with one-half teaspoonful vanilla and work to stiff dough, adding a little more sugar if necessary. Shape into small cones and lay on oiled plates or paper. Let stand one hour or more. Put five ounces shaved chocolate into a bowl, set in saucepan containing boiling water and put on the fire. When chocolate is melted, remove pan to table and drop creams one at a time in chocolate, remove with fork and lay on oiled plates or paper. They will harden in about one-half hour.

CHOCOLATE CREAMS NO. 2.

Prepare a fondant by putting into a graniteware saucepan two cupfuls granulated sugar and one cupful water. Stir until sugar is nearly dissolved; place on fire and heat slowly, but do not stir or jar saucepan. Watch carefully and note when it begins to boil. After boiling ten minutes, drop a small quantity into cold water; if it hardens suf-

ficiently to form a soft ball when rolled between thumb and finger, it has been boiled sufficiently. Take saucepan from fire immediately and set in a cool, dry place. When syrup has cooled so that finger can be held in it comfortably, pour it into a bowl and stir with wooden spoon until thick and white. When a little dry and hard, take out spoon and work with hand until soft and smooth. Flavor with a few drops of vanilla, and, after shaping, cover with chocolate as in recipe No. 1.

COCOANUT CANDY.

Dissolve one pound powdered sugar in four tablespoonfuls of water, put in graniteware saucepan and set on fire; when it begins to boil, stir in one pound shredded cocoanut. Continue boiling until flaky and pour in oiled plates or pans. Cut in squares when sufficiently cooled.

CANDIED FRUITS.

Take one pound cut-loaf sugar; dip each lump into a bowl of water and put in preserving kettle. Boil down and skim until perfectly clear and in a candying state. Have ready fruit to be candied, such as cherries, grapes, currants, oranges divided into sections, sliced pineapples, peaches, plums, etc., wipe but do not wet. Dip fruit in prepared sugar while hot; let remain a few minutes; remove and put on oiled plates or paper to harden. If carefully done, will keep indefinitely.

NUT CANDY.

Put one pound light-brown New Orleans sugar in graniteware saucepan and add four tablespoonfuls water; stir until dissolved, then put on fire and boil. Have ready one pound nut meats and when first sign of graining is noticed, stir in nuts; take from fire and pour in oiled plates or pans. When cold cut in bars.

CHOCOLATE CARAMELS.

Put two pounds brown sugar in graniteware saucepan, add one-half cake chocolate finely shaved, one-half pint sweet cream, one heaping teaspoonful cocoanut butter, vanilla flavoring to taste. Boil until quite thick, pour into buttered dishes to cool. When sufficiently cooled, cut into sections.

CEREAL FOODS.

In the preparation of cereals for food there is a great advantage in roasting before boiling. Roasting or browning changes the starch into dextrin, which is easily assimilated, while boiling only forms it into a slimy mass, which is difficult to digest. The saving of time is an important item, especially when preparing breakfast, and grain preparations first baked require only five to fifteen minutes' cooking, while in a raw state they must be boiled from one to seven hours to make them edible.

Rolled wheat may be sufficiently cooked in one hour, while cornmeal and oatmeal require five to seven hours' careful boiling.

All wheat preparations, such as farina, wheatlet, farinose, etc., should be placed into hot oven for three to five minutes and then sprinkled dry into a saucepan of boiling water. Stir until they reach the boiling point and begin to thicken, then push back where they will boil slowly for ten to thirty minutes. Do not cook them in a double boiler, because the heat generated is not sufficient to separate the starch cells without prolonged cooking. The average temperature in a double boiler rarely exceeds 180 degrees F., which is only adapted to the proper boiling of eggs, other foods requiring not less than 212 degrees.

If possible, prepare your own cereals, as the aroma of freshly ground and prepared grains is the essence of the life of the grain.

All grains or grain preparations, as rice, sago, tapioca, hominy, etc., should be boiled over a quick fire.

Pulses, like beans, peas, lentils, etc., are counted among the vegetables, and require treating whether in a ripe or green state. When rolled or flaked are to be used the same as sago or rice and are best when combined with the latter.

Grains as well as pulses may be used with milk or fruit juices and prove nourishing when combined with nut creams freshly prepared.

Oils used with grains and pulses should be added with the water so as to allow thoro mixing, thus making it more digestible. In ordinary cases oil will not be readily digested unless cooked.

The old-fashioned oatmeal, rolled and flaked oats, barley and wheat are in many respects more commendable than the predigested foods or toasted preparations. Rolled wheat and oats put in the oven to dry, but not toasted, will prove a more palatable dish than any of the scientifically prepared dishes and better than steamed cereals.

People advanced in years should have their grains and cereals malted or soaked in water for three to more hours, in accordance to season and climate, and boiled for two to five hours, using with the dish a fair quantity of white syrup and sweet cream. Particularly good in generative troubles. Fresh-ground wheat with cream will prove a better dish to correct peristaltic movements than any pills or potions known.

When eating grains prepared or unprepared a quantity of fruit or fruit juices should be combined.

Avoid sugar on cereals, especially when milk or cream is used, as their mixture causes rapid fermentation and produces dyspepsia.

If you require sweets, use sweet fruits.

BABY FOOD.

Wheat will make an excellent baby food where mother's milk is deficient or scant, and remember that however good the prepared, bottled foods may be, nothing can come up to a freshly prepared article, free from the suggestions of factory hands. Take one-half cup of wheat, soak it in one-half cup of water and as soon as all the water is absorbed boil slowly or steam in one quart of water and when well done, mash thru a colander and return to fire, the gruel as well as the remainder in colander. Add one saltspoonful of salt, and one pint of thoroly sweetened milk, about three tablespoonfuls of sugar to the quart of milk and let it slowly come to a simmering

point. Now pass thru a sieve and a cheesecloth. May be administered in a nursing bottle. Will also prove an excellent food for invalids. If patient or babe is found very poorly in health, add to the above, at the time the milk is being added, the flour of ten finely grated blanched almonds. The almonds are blanched by pouring boiling water on them, and after a few minutes the skin will come off by simply pressing them thru the fingers. Dry them immediately and after a few minutes pass them thru a *nut grater,* not a *grinder.*

STEAMED WHEAT.

Take a cupful of whole wheat and soak for several hours or over night, if in winter. During summer soak for four hours only. Soak only in as much water as the wheat will absorb. Put it into a fine wire sieve and place the sieve over a kettle of boiling water, covering the pot so the steam will pass through the sieve containing wheat. One minute of steaming is all that will be necessary to give the wheat a most delicious flavor and taste. Eat with oil or cream, or with ground nuts.

PLAIN DISH.

Wheat soaked over night and boiled from four to seven hours over a slow fire until popped open, eaten with cream or oil, proves to be one of the most nourishing dishes. A bowlful of this wheat will prove more satisfactory than all the scientifically prepared dishes on the market ten times in quantity, besides you know you are eating pure food.

PLAIN WHEAT DISH.

To one cupful of wheat coarsely ground and soaked over night or for a few hours, use one egg well beaten and one-half cup of cream added to it, which you pour over the wheat. Use neither salt nor sugar. You can get your grocer to grind the wheat for you if you have no grinder of your own. For a change you can soak a few raisins with the wheat, which gives it a decided flavor and sweet taste. A few blanched almonds, ground and mixed in

with toasted wheat flakes or soaked wheat, will furnish a nice dish. Instead of the cream and where something warm is preferred, hot cereal drink may be poured over the wheat.

ORIENTAL WHEAT DISH.

Pick the wheat clean and wash twice. Expose it to the sun for several hours. Then soak it for six hours or less. Boil it in the water it was soaked in, adding more water when needed, for four hours until perfectly soft and open. Put it in an earthenware dish and pour over it quite a quantity of oil that has been used for frying fritters, etc. Salt it to taste and set in the oven for fifteen minutes, leaving the dish uncovered. When served will have a flavor decidedly pleasant to those who had a taste for meat.

POPCORN.

Pop as usual and grind moderately fine. Use one teaspoonful ground peanuts or almonds to every three tablespoonfuls ground popcorn. Serve without milk.

CRACKED WHEAT.

Brown a quantity of cracked wheat in a moderate oven; sprinkle into a saucepan of boiling water and boil for thirty minutes. Cream or cocoanut butter may be added.

GRAINOL.

Rebake slices of stale whole-wheat bread in a moderate oven, break with a rolling-pin or grind on mill to any desired fineness. Four tablespoonfuls will suffice for one meal. If white bread is used, double the amount for each dish. Serve with cream, but without sugar.

SWEET CORN.

First-quality sweet corn, parched and ground moderately fine and soaked in cream or milk, makes a very wholesome dish. If boiled five minutes before serving, the flavor will be greatly improved.

GRAINOENA.

One-half pound of pearl barley boiled together with one-quarter pound coarsely ground wheat and one-quarter pound of oatmeal, one-quarter pound of flaked or coarsely ground peas, four ounces coarsely ground rye, cooked together in one vessel over a slow fire, stirring frequently to keep from scorching. When fairly well done, usually in forty-five minutes, allow to get cool. Cut into slices one-half inch thick and bake in slow oven until thoroly dry. Keep in tins and oiled paper. When to be served, grind coarsely, rebake for five minutes and serve with cream.

TAROETTA.

To each beaten banana add two cupfuls of mashed potatoes and work into a solid consistency with as much ground rolled oats as necessary. Roll out into strips one-half inch thick and bake to dry in a slow oven for an hour. When cold, grind fine. Keep in air-tight pans. Use two tablespoonfuls of the powder in one pint of milk, fresh milk or buttermilk before meals to tone up stomach.

WHEAT GRUEL.

Take one cupful of wheat, grind into coarse flour and sprinkle into three pints of boiling water. Stir frequently; add two tablespoonfuls of butter and salt to taste. Served with sweet cream is a better dish and more wholesome than any predigested, dextrinized breakfast food.

WHOLE-WHEAT MESS.

Soak one cupful of whole wheat for six to eight hours in just enough water to cover the amount. Put into a fine sieve that can be hung over a kettle of steaming water, so the sieve does not touch the water. Allow to steam for five minutes. Butter thoroly, salt and serve with fruit juices or sauces or cream.

CREAM TOAST.

Make a cream by adding to one quart boiling milk one tablespoonful white flour blended with sufficient cold milk to form a smooth paste; boil until smooth and creamy, stirring constantly. Add a little salt and one teaspoonful cocoanut butter. Toast a number of slices of white bread to a golden brown in a moderate oven, pour over each piece separately sufficient boiling water to soften, drain and lay on plates and cover with the cream. Very delicious and a splendid dish for convalescents.

SHREDDED WHEAT.

Brown the biscuits in slow oven, break with rolling-pin or grind in mill. Serve with milk or cream. The addition of almond or walnut butter will greatly improve the flavor. Obese persons should eat such preparations without cream or nuts.

FARMERS' RICE.

To one cupful of whole-wheat flour add pinch of salt, one teaspoonful of sugar and sufficient cold milk to form dry rivelings; add milk slowly and work with spoon by rubbing to prevent formation of large lumps. One beaten egg may be used instead of milk. Put two quarts milk in graniteware pan, set on fire and when boiling point is reached, stir rivelings in slowly. Boil slowly fifteen minutes, watching carefully to prevent burning. Very nutritious and greatly appreciated by all having unperverted appetites.

GRAINUTTA.

Cut into thin slices stale whole-wheat and rye bread; remove the crust, using inside of bread only. Allow it to dry out thoroly, then put into moderate oven and allow both sides to become a dark-yellow color. When cold, grind or roll to medium fineness. Sack or put in jars and keep in dry place. Before serving, place into moderate oven for a few minutes. Serve with nut food or cream. Use two-thirds of wheat to one-third rye bread. The outside crust can be preserved for making symposia.

CONDIMENTS AND SPICES.

Great danger attends the frequent use of stimulating condiments, and the digestive organs may be so habituated to their presence that plain food seems insipid. Such conditions cause a perversion of the appetite, and a long train of evils follow. Spicy condiments afford no nutrition and are not essential to the process of digestion in a healthy state of the system. Tho they may in some cases assist the action of a debilitated stomach for a time, yet their continual use never fails to produce a weakness of that organ, the effect being the same as that of alcohol or other stimulants—present relief at the expense of the future suffering.

Black and white peppers and nutmegs are active poisons and produce dangerous results, even in small quantities. Use as a medicine only and in season.

Horseradish and mustard are first cousins, and are not harmful if used occasionally. Should be used with milk or in dressings.

Cloves, allspice, mace and cinnamon should be used sparingly.

Red pepper, ginger and salt have medicinal properties and their use in moderate proportions is very beneficial.

Vinegar should not be used, as the acetic acid which it contains is highly injurious to the delicate lining of the stomach. Only on rare occasions vinegar made from sour red wine or sound apples, and boiled before using, may prove beneficial. As a disinfectant vinegar is of great value. Bathe body with vinegar and water in equal proportions in cases of fever. In food use lime or lemon juice.

The use of savory herbs, such as thyme, parsley, sage, sweet marjoram, mint, garlic, leek, shives, yarrow, and caraway, celery, and dill seeds in soups, salads, sauces, etc., are very beneficial and act as a very mild stimulant.

The following spices, if used sparingly, will prove beneficial, and when combined with fruits: Cinnamon, mace, saffron, nutmeg, cloves, allspice, citron, lemon, orange, vanilla and other fruit flavoring extracts. Savories should be avoided as much as possible.

CROQUETTES.

CHEESE.

To two cupfuls grated cream cheese add one-half cupful peanutta (recipe will be found under head of "Nuts"), one level teaspoonful salt, dash cayenne pepper, whites of two eggs. Mix thoroly; roll into small balls, dip into beaten yolks of eggs, then roll into cracker-dust, then again into beaten yolks, then again into cracker-dust, then fry to a golden brown in a deep pan of hot oil. Serve with tomato sauce.

CHESTNUT.

Put three cupfuls milk in saucepan, set on fire and when it begins to boil add the soft portion of one-half loaf of bread, mixing well; then add thirty roasted chestnuts well pounded, two well-beaten eggs, two tablespoonfuls ground walnuts, two tablespoonfuls finely-chopped parsley, one tablespoonful salt, dash cayenne pepper. Mix thoroly, boil three minutes, then take from fire and set to cool for one hour. Form into shapes, roll into beaten eggs and cracker dust and fry in hot oil. Serve with tomato sauce or catsup.

PEANUT.

Mix well together three cupfuls ground raw or slightly-roasted peanuts, one cupful cereal of any kind, two level teaspoonfuls salt, three tablespoonfuls chopped parsley, two tablespoonfuls onion juice, good dash cayenne pepper. Cream two tablespoonfuls clarified butter or oil with three tablespoonfuls flour, mix with one pint boiling milk until smooth and thick. Add this to the foregoing preparation of nuts, etc., and set away to cool; then form into desired shape, roll in bread crumbs or cracker-dust and beaten egg, and fry in hot oil to a golden brown. Serve with dressing or catsup.

DAIRY FOODS,

As milk, cream, butter and cheese, should be used in combination with other foods only and are adapted with the use of grains, pulses, fruit, vegetables and nuts.

MILK AND CREAM

Should be kept in earthenware vessels or glass jars, whether for use while sweet or for the purpose of thickening, creaming, skimming or cheesing. Soured milk used with tomato or lemon juice and sun-dried bread proves a refreshing meal. Whenever sweetening the cream with honey or other saccharine substances salt your milk and add a pinch of borax or saleratus to avoid action.

CHEESE.

Use it sparingly, remembering that it should be combined with other dishes. Cheese melted, cooked and baked is more easily digested than in its raw state.

SCHMIERKASE.

This is made from clabbered milk. After taking the cream from the top of a pan of thick, sour milk, stand the pan on the back part of the range and pour over it about three quarts of boiling water; then turn the whole into a bag to drain. Hang it in a cool place over night. When ready to use, mix and beat it until light. Add salt and sufficient sweet cream to make it the proper consistency. A little caraway seed may be mixed with the cheese if one likes them. Finely-chopped green onion tops, mustard leaves, green parsley, fresh green tansy leaves, yarrow and shives, are often used for flavoring. Advisable in certain peculiar cases of private troubles. Roll the cheese out into balls. Serve with lettuce leaves garnished with watercress. Fine with vegetable salads and crackers, also as sandwiches.

BUTTER.

Must be sweet and fresh to be of value. When out of season, it should be clarified by cooking it over slow fire and skimming the foam. As soon as clear, put up in earthenware vessels. To be used in cooking, baking and frying. For soups of exceptional value and easier digested than in the fresh state. Used to great advantage in colds.

DRESSINGS.

The success of making dressings depends upon the cleanliness of the utensils used. First of all you want to have your bowl cold. If needs be kept on ice. The eggs as well as the oil must be cold. If need be drop a piece of ice into the oil to cool it. Always stir in one direction and stir or beat well.

Should you ever have trouble with your dressing curdling on you then begin again with the yolk of eggs in another dish, and after thoro beating and stirring add by teaspoonfuls the curdled mayonnaise and finish by adding more oil.

Mayonnaise dressings should not be kept for more than a week, even though stored away in a cool place.

You may add whipped cream, nut creams, powdered coriander seeds, onion juice, chopped olives, capers, pimentoes, etc., to your dressing; all depending upon the kind of dish you intend to use it for.

Never mix dressing with salad until ready for serving.

PLAIN MAYONNAISE.

To one-half cupful lemon or lime juice, add one teaspoonful dry mustard, the well-beaten yolks of three eggs, one-half teaspoonful sugar, dash of cayenne pepper, and pinch of salt; beat well and add slowly one-fourth pint rich, sweet cream. Cook in double boiler until it thickens.

FRENCH DRESSING.

Into a bowl put one-half teaspoonful salt, one-half teaspoonful mustard and a dash of cayenne pepper; add gradually six tablespoonfuls olive or salad oil, rubbing constantly; then add very slowly, while stirring, one tablespoonful

lemon or lime juice. The advantage of this dressing is that any kind of flavoring may be added, such as worcestershire or tobasco sauce, catsup, onion juice, garlic, etc.

MAYONNAISE.

Put yolks of two eggs into a cold bowl, stir with wooden or plated fork until light; add one-fourth teaspoonful salt, then drop by drop, salad or olive oil. Time will be saved and danger of curdling avoided if oil and eggs are cold. After eight tablespoonfuls of oil have been added, begin to add alternately, one or two drops at a time, lemon or lime juice and oil, allowing two tablespoonfuls juice to each pint of oil. By adding lemon juice and oil alternately, a jelly-like or oily condition is prevented and the dressing will be nice and smooth. Stir in one direction only. More or less oil may be added, according to quantity of dressing desired. Do not add seasoning to dressing; it is better to season the salad.

NICE DRESSING.

Take the yolk of one hard-boiled egg, rub thru a sieve, mix in a bowl with the yolk of one raw egg; add a pinch of salt, a dash of cayenne pepper and one tablespoonful mustard. While stirring one way with a wooden spoon, add slowly and alternately eight tablespoonfuls olive or salad oil and two tablespoonfuls lemon or lime juice, lastly add two tablespoonfuls finely-chopped olives, parsley and celery leaves. Excellent to serve with cold asparagus.

SIMPLICITY DRESSING.

Into a cold bowl beat three tablespoonfuls of olive oil; add two tablespoonfuls of lemon juice, one tablespoonful each of onion juice and finely-chopped parsley, a dash of cayenne pepper and salt. This quantity will serve with half a dozen eggs and suffice serving salads for three individual dishes.

Instead of olive oil lightly melted butter may be used to good advantage, but in that case the onion has to be omitted.

SAUCES.

MINT SAUCE.

Mix one tablespoonful white sugar with one cupful lemon juice and add finely-chopped mint. Parsley may be substituted for mint. Serve with green peas and other vegetables.

CREAM SAUCE.

To one cupful of milk add a dash of cayenne pepper and celery salt. Allow it to come to the boiling point. Now take one tablespoonful each of flour and oil. Cream it well and add to the milk as soon as the latter begins to simmer. Stir in well and until smooth.

BREAD SAUCE.

Cook in double boiler for thirty minutes two cupfuls milk, one-half cupful toasted bread crumbs, and one small onion. Remove onion and add a little salt and cayenne pepper, then one tablespoonful olive oil, or one tablespoonful cocoanut butter creamed with one teaspoonful peanut butter.

TOMATO SAUCE.

Take a pint of tomato liquor to the scalding point; add the juice of one onion, one or two bruised leaves of bay, a pinch of salt and sugar. Boil all together for five minutes, then strain and add a pinch of saleratus. Mix one tablespoonful of whole-wheat flour with one tablespoonful of olive oil and when well blended stir it into the tomato juice, and boil until thickened into the consistency of cream. May be thinned with milk or cream to suit taste.

ITALIAN DRESSING.

One-half teaspoonful each of salt and mustard, three dashes of cayenne pepper or five dashes paprica, creamed

with six tablespoonfuls of olive oil and three cloves of macerated garlic; stir and add slowly two tablespoonfuls of sour red wine, one tablespoonful lemon juice.

SWEET TOMATO SAUCE.

Boil for one hour four tomatoes, with sufficient water to cover, together with one small onion, one tablespoonful sugar, one tablespoonful lemon juice, a pinch of mustard, ginger, and cinnamon, two sprigs each of parsley and peppermint; then strain. Brown one tablespoonful flour in two tablespoonfuls cocoanut butter or olive oil, and add to above juice. Boil until slightly thickened.

TOMATO SAUCE.

Fry to a golden brown one finely-chopped onion in two tablespoonfuls cocoanut butter, then add one tablespoonful flour; after flour has browned stir in gradually one cupful sweet milk and one-half cupful clear tomato juice. Cook until it thickens, then flavor with one teaspoonful peanut butter creamed with a little milk.

SWEET SAUCE.

Mix two tablespoonfuls cornstarch with one cupful sugar, add one cupful cold water. Put in saucepan, set on fire and cook until it is clear and thick, then add one tablespoonful cocoanut butter, or olive oil, and flavor to suit taste. As this sauce is a combination of three forms of carbon, its frequent use is not advised. Do not substitute creamery butter, or other animal fats, for the vegetable oils given.

BROWN SAUCE.

Brown in oven one tablespoonful flour and mix to smooth paste with a little cold milk, add to one pint boiling milk or cream and cook for ten minutes; add one cupful strained stewed tomatoes and mix thoroly.

BROWNED SAUCE.

To two tablespoonfuls of flour use equal quantity of olive oil. Put into a pan over slow fire to brown. Stir frequently

to avoid burning. As soon as brown pour gradually three cups of hot water into it, stirring it well. Add two tablespoonfuls of mixed nuts finely ground; pine nuts preferable. As soon as perfectly smooth add one teaspoonful of mushroom catsup, a pinch of curry powder, celery salt and a bruised bay leaf. Allow it all to boil up slowly, when it will be ready for use either in soups to improve flavor or taste; for serving with symposia, fritters, spaghetti dishes, eggs and salads.

MUSHROOM SAUCE.

Make a sauce same as Browned Sauce. Add a can of finely cut mushrooms, including the liquor. Simmer for five minutes after adding the mushrooms.

MUSHROOM GRAVY.

Take one large onion, cut fine and cook in saucepan containing two tablespoonfuls of butter; when turning golden yellow, add the peels of fresh mushrooms to the amount of one cupful of cream. Fry one tablespoonful of finely cut parsley and add to the above; then thicken with flour and salt to taste. Serve with mashed potatoes.

BREAD SAUCE.

To one pint of milk in saucepan add one onion, blade of mace, salt and cayenne pepper to suit taste. Stew gently. As soon as onion is cooked take it out and add enough stale bread crumbs to thicken. Stir but little and do not allow it to come to a boil.

NUN'S BUTTER.

Beat one-quarter cup of butter to a cream, add gradually one cup of powdered sugar and beat until very light; add the whites of two eggs, one at a time, and beat again until frothy. This is to be flavored with a tablespoonful of sherry wine, but if wine is not used take a teaspoonful of extract of almond, and add gradually to the mixture and beat once more. Heap it on a small dish, sprinkle lightly with grated nutmeg, and stand away on the ice to harden.

EGGS.

Although eggs can be had all the year round, nevertheless they have their season. When eggs are cheap and plentiful they are most wholesome and that is the time they are in season.

Nearly everyone, changing from carnivorousness to vegetarianism, starts in on eggs as their principal diet, not knowing just what to select. It is well to remember that persons troubled by a torpid liver or kidney disease must use caution and care in eating eggs unless latter are being combined with mushrooms, spinach, peas and asparagus.

Probably no article of diet receives more abuse at the hands of the cook than eggs. They answer admirably as food when properly prepared, but as usually served are valueless, and the human stomach would thankfully avoid their introduction were it possible. Chemical analysis of the egg shows that the white is almost pure albumen; and that the yolk is composed of albumen, fats and phosphates. The yellow color of the yolk is due to a peculiar oil, made up chiefly of sulphur and phosphorus, which forms nearly two-thirds by weight of the perfectly dry yolk. If eggs are to be served in a wholesome state, it is necessary to prepare them intelligently, with a thoro knowledge of the effect of heat upon their component parts. In cooking eggs it must be remembered that albumen is completely coagulated below a temperature of 170 degrees Fahrenheit, and any greater heat will make this substance tough, horny and indigestible. Eggs, being a concentrated food, should be eaten sparingly. In cases of kidney troubles, gout and rheumatism, they will not be harmful provided they have been hard-boiled or poached according to instructions following. Eggs, hard-boiled or poached at a temperature of 212 degrees Fahrenheit, or fried, are deleterious to persons

suffering from these disorders, because the albumen, having been rendered tough and indigestible, ferments easily in the stomach and forms acids that are poisonous to the system. Eggs should not be eaten when fried, but raw or in custards, boiled or poached, according to following methods:

SOFT BOILING.

Allow one pint of water to each egg. If you wish to boil six eggs, take six pints of water, put in a kettle or pan and bring to boiling point; set on back portion of stove, putting in the eggs, allowing them to remain in the water for three to eight minutes. Promotes bowel action when eaten with fruit.

HARD BOILING.

Put in cold water, bring to 170 degrees Fahrenheit (about steaming point), set on back of stove for forty-five minutes. In this way the albumen will be reduced to a jelly-like substance, easily digested, and the yolks will be dry and mealy. A double boiler may be used to advantage, the temperature being more easily controlled, but the water in outer vessel must be continuously kept near the boiling point, as the contents of inner boiler will be heated to a less degree.

SCRAMBLED.

Eggs and omelets should be cooked at low temperature in double boiler, but not fried.

POACHING.

Put eggs in water of a temperature of 132 to 160 degrees. Have enough water to cover, and as soon as film has formed over yolk and white is set and jelly-like, remove from water and serve at once. The use of egg-poachers is advised. Always keep water below boiling point. Remove the life germ from eggs broken for poaching or cooking purposes, as it is heating to the system.

CUSTARDS.

It is preferable to cook custards in a double boiler rather than baking in an oven. If put in a china or earthenware bowl, set in a steam cooker and boil until done, the flavor will be found admirable. Do not flavor custards with nutmeg; this spice is objectionable because its poisonous properties often produce cholera morbus.

LENTEN CHOPS.

Boil six eggs fifteen minutes, remove the shells, rub yolks thru a sieve and chop whites, not making them too fine. Put one cup of milk in pan over fire and when boiling stir in two tablespoonfuls of whole-wheat flour dissolved in two tablespoonfuls of olive oil; season with salt and a dash of cayenne pepper and stir until thick and smooth; take from the fire and when almost cool stir in the prepared yolks and whites and a very little onion juice. When cold enough to handle form in shape of chops, roll them in beaten egg, then in cracker-dust or cornmeal and fry to a delicate brown in olive oil. Take a piece of macaroni about three or four inches long and stick into the small or pointed end of each chop and arrange in the center of a platter. Now take tomato or browned sauce and add to the same a can of French peas or extra small sifted peas and pour around the chops, but not on them. Mushrooms and tomato sauce make a very fine garnish when served with green parsley and lettuce leaves.

COLUMBUS EGGS.

Take the shells from six hard-boiled eggs and cut each egg in two around the center, cutting off a little from the small end so that it can stand upright, as did the famous egg which Columbus handled; pulverize half the yolks and mix with some finely chopped nuts, moistening with mayonnaise dressing; fill the empty whites, taking care not to break them; press the two parts together and stand on a platter so that they will have the appearance of eggs that have not been bisected. Now take the remaining half of the yolks, pulverize or mash them thru a sieve; take half a cup of

mayonnaise dressing and mix with it six olives chopped fine and pour this over the eggs; then take the pulverized yolks and sprinkle over the top. Garnish the edges with watercress or sprigs of parsley.

SWISS EGGS.

Cover the bottom of an open baking dish with a little olive oil and on this scatter grated cheese; drop the eggs upon the cheese without breaking the yolks and season with a very little salt. Pour over the eggs a little cream and then sprinkle over with grated cheese and set in moderate oven for about fifteen minutes. Serve with tomato sauce.

POACHED EGGS ON TOAST.

Toast slices of whole-wheat or rye bread to a golden brown in a moderate oven; while yet hot, dip them into boiling water for a few seconds; remove quickly and lay on large platter. On each side lay one poached egg; garnish with parsley or cress and serve hot.

DEVILED EGGS.

Take six hard-boiled eggs, which have been dropped into cold water immediately after boiling; peel and cut in halves, taking care not to break whites. Take out yolks and rub them with one tablespoonful olive oil to a smooth paste; add two tablespoonfuls chopped mushrooms and parsley flavored with lemon juice. Heat and mix well; then stuff whites, garnish with lettuce or watercress and serve.

BELGRAD EGGS.

Take off the shells from six hard-boiled eggs, chop the whites fine and rub the yolks thru a sieve. Do not mix them. Now put on a cup of milk to boil, rub a tablespoonful of cornstarch with a tablespoonful of olive oil and add to the boiling milk; then add the chopped whites, a little salt and a dash of cayenne pepper. Have ready a half dozen squares of toasted salt-rising bread on a platter, pour the mixture over the toast in a thin layer, then a layer of the prepared yolks, then the remainder of the whites and lastly the rest

of the yolks. Serve on lettuce leaves, garnished with parsley. Mushrooms, with lemon or asparagus and tomatoes, combine well with this dish.

SCRAMBLED EGGS.

Break six eggs into a bowl; add one pint hot milk and stir quickly. Add small spoonful cocoanut butter and a little salt; cook twenty minutes in double boiler.

POACHED EGGS WITH MUSHROOMS.

To one can mushrooms placed in saucepan add one-half teaspoonful salt, a dash of cayenne pepper and a few drops lemon juice. Boil ten minutes, take out mushrooms and thicken sauce with a little flour. Pour sauce on platter, lay ten poached eggs around the outside, put mushrooms in center; serve hot with toast. Garnish with parsley and watercress.

APPLE OMELET.

Pare and core four large apples. Boil until tender and rub thru sieve; beat smooth while hot and add one tablespoonful cocoanut butter, three tablespoonfuls sugar and one-half teaspoonful ground cinnamon. Whip separately the whites and yolks of four eggs; add yolks first to the beaten apple, mixing well, then the whites. Pour all into a pudding dish and bake to a delicate brown in a moderate oven. The addition or pinon or pine nut-butter improves flavor.

EGG PLANT OMELET.

Pare one egg plant and cut in slices; soak one hour in strong salt water. Take from salt water and put in saucepan, adding fresh water, and boil until tender.

NEW OMELET.

One cupful of fine bread crumbs; pour over it two-thirds of a cupful of sweet milk; when thoroly moistened, stir until smooth. Add the yolks of two eggs, beating them into the bread and milk one at a time; add the whites beaten to

a stiff froth; bake in a buttered dish in a moderate oven, until well set. The top may be sprinkled with grated cheese, or, for a sweet omelet, a sprinkling of maple sugar is recommended.

CHEESE OMELET.

Mix to a smooth paste three tablespoonfuls flour with one-half pint milk. Beat together four eggs and one-fourth pound of grated old cheese. Add this to flour and milk, beating briskly for several minutes. May be cooked in individual dishes set in pan of boiling water, or in double boiler; boil thirty minutes. Serve with catsup or tomato sauce.

VEGETABLE OMELET.

Chop finely together one onion, two heads crisp lettuce, or parsley, and one green pepper, adding a little salt. Mix with four well-beaten eggs and three tablespoonfuls cream. Cook thirty minutes in double boiler or steam cooker. Serve in original dish.

SPANISH OMELET.

Chop finely one onion, one green pepper, a few strips of red pepper, one tablespoonful each of mushrooms and French peas, one-half tablespoonful of parsley. Mix into four well beaten eggs. Keep it all very cold. Now add three tablespoonfuls of cream. Pour into dish which will set in a large pan of boiling water. Put into hot oven and boil and bake for fifteen minutes.

TOMATO SCRAMBLE.

Bring two tablespoonfuls of butter to melting point, drop into it a finely chopped onion and when about tender add small bits of two fresh tomatoes (canned may be used) and one teaspoonful of finely chopped parsley. Allow to simmer for three minutes and then add four well-beaten eggs and two tablespoonfuls of rich cream. Stir slowly for three minutes and serve on lettuce, garnished with endive and radishes.

FRITTERS AND PATTIES.

BREAD FRITTERS.

Take stale bread, toast it in slices after it has first been dipped into cold water. Make a batter of one cupful of flour, one yolk and the white of an egg, each well beaten, a pinch of cinnamon, salt and sugar, and one-half cupful of milk. Dip toast into cold water again and then into the batter and drop into hot oil. They will be done in one minute.

VEGETABLE FRITTERS.

Grind coarse one cupful each of carrots and parsnips and one-half cupful salsify. Boil them for thirty minutes in separate vessels. Pour off water and allow to cool. Now mix them together with one and one-half cupfuls flour and one cupful milk. Salt to taste. Add two tablespoonfuls of oil. Stir into it the yolks and whites of two well-beaten eggs. Fry in hot oil.

AERATED CORN FRITTERS.

Take a can of corn or two cupfuls of fresh corn and mix into it one-half cupful cream. Beat separately the yolks and whites of two eggs. Stir in one cupful of flour or more, if necessary. Salt to taste and stir in three teaspoonfuls of sugar with a tablespoon of oil. Stir the batter thoroly in the open air or before the door or an open window. If the batter is not thin enough, add a little milk. Batter is to be medium thick. Have some oil hot and enough in the pan so the batter will be covered when dropped into the frying pan. Drop in a spoonful of the batter. Turn the fritters at their browned sides with a

knife. They will rise double their size and be perfectly aerated. Very wholesome and toothsome and especially adapted to those who do not like to take oil clear. They may use the fritters from time to time.

CORN FRITTERS.

To two cupfuls finely chopped green corn, add the well-beaten yolks of three eggs, one-half cupful ground toast, one cupful milk, one level teaspoonful salt, two teaspoonfuls nut butter, and the well-beaten whites of three eggs. Mix thoroly; drop from spoon into hot oil and fry to a golden brown.

RICE FRITTERS.

To two cupfuls cold, well-boiled rice, add two cupfuls cracker-dust, two teaspoonfuls sugar, two teaspoonfuls olive oil, or three teaspoonfuls cocoanut butter, one level teaspoonful salt, a dash of ground cinnamon, two well-beaten eggs, one cupful scalded milk. Shape into balls and roll into well-beaten egg, then into cracker-dust and fry to a nice brown in hot oil, or cocoanut butter. Serve with peanut or almond butter.

TOMATO FRITTERS.

To one can tomatoes add four cloves, two bay leaves, one tablespoonful finely chopped parsley, pinch of cayenne pepper, two tablespoonfuls scraped onion, one-half cupful toasted bread crumbs; put in saucepan and cook on fire for ten miutes. Take off fire and rub thru sieve all that is possible. Return to fire and add three tablespoonfuls sugar, one teaspoonful salt, three tablespoonfuls cocoanut butter or two tablespoonfuls olive oil; when boiling begins add two tablespoonfuls flour mixed to a smooth paste with a little cold water; boil two minutes, then pour into shallow dish to set. When cold and firm, turn out, cut into slices of various shapes, roll in beaten egg, then cracker-dust and fry to a golden brown in hot oil. Garnish with parsley and serve with catsup.

APPLE FRITTERS.

To one cupful whole-wheat flour add yolks of two eggs, one-half pint milk, one tablespoonful olive oil; beat until smooth. Grate slowly three peeled apples into the batter; then add the beaten whites of the eggs. Drop with tablespoon into hot oil. Serve as desired.

Instead of apples, seeded prunes, peaches or other fruits may be used. Put grape juice and powdered sugar over the fruit, let stand for one hour, turn once, then dip in batter as used for apple fritters and fry in oil.

SALSIFY FRITTERS.

Take one dozen oyster plants; throw each piece, as soon as washed and scraped, into water to prevent discoloration. Cut into slices and boil in saucepan over fire until tender. Drain and mash thru colander; add one tablespoonful flour, one level teaspoonful salt, two well-beaten eggs; mix and drop with spoon into hot oil. When browned, serve with sauce to taste.

BANANA FRITTERS.

Cut into halves crosswise six peeled bananas, put in dish and sprinkle over one-half cupful powdered sugar, then pour on the juice of two large navel oranges; set in cool place one hour, turning occasionally. Roll alternately several times in beaten egg and cracker-dust and fry in hot oil. Serve with sauce to taste. Other fruit may be used in place of banana for variety.

PARSNIP FRITTERS.

Scrape or pare (according to age) four parsnips, cut in small pieces and boil until soft. When done drain off water and mash fine; add one egg well beaten, one tablespoonful of flour, one-quarter teaspoonful salt and a dash of cayenne pepper. Mix well and form into cakes; fry in olive oil until brown. With these fritters serve (if you eat them) potatoes au Gratin—made as follows: Six or seven cold boiled potatoes, four heaping tablespoonfuls grated cheese, one cup cream, one cup milk, yolks of three eggs, two table-

spoonfuls olive oil, one tablespoonful flour; salt and cayenne pepper to taste. Put the cream and milk over the fire in a saucepan and add the flour mixed in the oil, when beginning to boil; stir until smooth, then take from the fire. Now add the yolks well beaten, the cheese, salt and a dash of cayenne pepper and mix. Put a layer of this sauce in the bottom of a baking dish, then a layer of potatoes cut up in small bits, then more sauce and more potatoes until the dish is filled, or rather, until all the sauce and potatoes have been put in; sprinkle an extra tablespoonful or two over the top and place in a hot oven for ten minutes to brown. Serve in the dish in which it was baked. This makes a delicious dinner with the addition of cream of bean soup.

JOLLY BOYS FRITTERS.

Mix one pint of rye meal, one cup whole-wheat flour, one-half cup cornmeal, two large teaspoonfuls of sugar, one teaspoonful ground cinnamon and one-half teaspoonful of salt; then add four eggs well beaten, two tablespoonfuls of molasses, and enough cold water to make a very thick batter; beat well and set aside for an hour or more. Drop by the spoonful into a kettle of hot oil. Brown on both sides, take out with a skimmer and serve very hot. The batter should be almost as thick as soft dough. Nun's butter should accompany these fritters.

BREAD FRITTERS.

Soak one-half loaf bread in milk; mash fine and add one tablespoonful flour, two well-beaten eggs, one-half cupful currants or seedless raisins, one grated rind of lemon. Mix well and drop from spoon in hot oil. Fry to golden brown; serve garnished with lettuce or cress.

CORN OYSTER FRITTERS.

One can of corn, three eggs, beaten separately, one-fourth cupful of milk, a little salt. Enough flour to make a light batter. Use things in routine as given. Drop into hot oil with a spoon and bake until brown.

FRENCH FRITTERS.

One cup flour, one-half cup cold water, two eggs, one tablespoonful of olive oil, one-half teaspoonful of salt. Put the flour into a bowl; beat the yolks of the eggs, add the cold water and stir this gradually into the flour; if necessary, add more water and give a good, vigorous beating. Now add the salt and oil, and stir in the whites of the eggs beaten to a stiff froth, and put away for at least two hours, but not longer than ten hours, according to season. Put a kettle of oil on to heat, and when hot (360 degrees) dip up a spoonful of the batter and quickly slide into the kettle of oil; when brown on one side, turn and brown the other. When done, take out with a skimmer; don't use a fork, as piercing allows the steam to escape and makes the fritters heavy. Fruit fritters are made by dipping the fruit into this batter and then frying or boiling in oil.

LIMA BEAN PATTIES.

Press cold, left-over beans thru a fine sieve. To each half-pint add the yolk of one egg, a tablespoonful of chopped parsley and half a teaspoonful of onion juice, if desired. Form into little cakes or balls, dip into the white of the egg that has been slightly beaten with a tablespoonful of water. Roll in breadcrumbs and fry in deep, hot cottonseed oil.

PLAIN POTATO FRITTERS.

Grate three large potatoes, add three tablespoonfuls of flour, one well-beaten egg, stir rapidly and add one heaping tablespoonful of sugar, one small teaspoonful of salt, and continue to stir in the shade or cold. Have a deep pan filled with cottonseed or cooking oil about two inches deep, and as soon as hot drop by tablespoonfuls into the oil. Should be well done and crisp in three minutes. May be served with fruit.

In case potatoes prove too watery it is best to pour off water of the freshly grated raw potatoes and use only half the quantity of flour, which makes the cakes more palatable.

FRUITS

THEIR VIRTUE AND USE.

As water was not intended for man, but for beast and for the creations of the earth, Nature has most wisely arranged its processes in the vegetable kingdom to distill the mineral waters thru the growth of higher organized vegetables and fruits to assist man in his labors in beautifying the earth thru the reclaiming of her deserts and to relieve him of redeeming the waters so as to make them wholesome and nutritious.

Of all the products in the vegetable kingdom fruits are Nature's highest achievement in the effort of creating *distilled water,* and as a water of life not only to tone up the action of the organs, but also to assist assimilation as well as elimination. Fruits are Nature's panacea for human ills. They contain all the medicinal properties needed to keep man in a state of health, and judiciously compounded or used with discretion as well as guided by proper selection in time and season corresponding to man's temperament, basic principles and natural inclinations, prove the safest and surest means unto prevention of disease, assuring perfect health of body and promoting unfoldment of mental propensities as well as psychic talents, assisted by spiritual endowments, revealing to man what in all his academic studies and lifelong bitter experiences he failed to discover or to learn.

The judicious use of fruits in accordance to climatic conditions will "cool the fevered brow and stay the tottering footsteps to the grave." As there is such a great variety of fruits it is scarcely possible to speak separately of every one in a publication with limited space, but mention will be made of the most important ones and those commonly known or those indigenous to the United States and her diverse possessions. Then, too, every person differs from every other person as to temperament, and consequently as to tastes, and no iron-clad rule can be given which

would govern all cases. Every person must learn thru hunger and self-imposed fasts, thru right thinking and simple living how to determine the proper selection of fruits most congenial and effective to their particular nature. The principal proportion of each fruit mentioned will be given and deductions must be drawn accordingly.

All fruits, whether for eating or cooking purposes, must, of course, be sound, and eaten slowly. They should be scraped, grated, thinly sliced or eaten in very small bites at a time, so as to mix with saliva to make the fruit for what it is intended, an eliminator, an assimilator, a tonic, a medicine. Most fruits are best in their suncooked state, when cool and highly flavored. They should be eaten fresh and in season.

When a certain fruit, otherwise to one's liking, seems too tart, do not use sugar, but mix with another, a sweet fruit. In that case the tart fruit will become palatable and will not lose its virtue.

Small fruits such as strawberries, raspberries, blackberries, blueberries, gooseberries and currants, are excellent eliminators, providing they are ripe and sweet. If tart, they should be soaked in orange or grape juice or in sweet cream. Never use sugar with fresh fruits of any kind.

Apples and pears may be grated, thinned with orange or grapefruit juice, and served with whipped cream.

Peaches, bananas, apricots, figs, nectarines, plums and pomegranates should be sliced and the sweet combined with the tart so as to make a sub-acid dish which will prove of inestimable value to those suffering from indigestion and liver complaint.

Bananas should be mashed when to be eaten alone and served with grape juice and whipped cream, or baked with rice or used as fritters.

Dates do not reach us in their ripe state, but in the cured, and are eliminators only when combined with figs, while with additional nut cream they will be an excellent and nutritious food to those caring for a heavy dish.

Cherries should be eaten by themselves and two different varieties should be indulged in, the sweet and the hearty ones, black and red, and black and white. They are "food for the Gods" and much might be said of their valuable

properties. Eat cherries daily while they last and make a meal on them. Consumptives, catarrhals and those suffering from hay fever will find in the cherry a remedy.

Grapes, like cherries, should be eaten by themselves, but it is well to combine two or three varieties. The white alone prove of value to rheumatic and dropsical people. Catarrhal and bronchial people should not use any grapes. The fresh juice of grapes, particularly of the black or blue, will be of medicinal value to all those suffering from over-accumulation of salts and acids, if used in small quantities at a time, several times a day, and to the amount of one pint a day, for the period of six weeks.

Grapefruit is best during winter and early spring.

Lemons are of inestimable value all the year around and may be used advantageously to redeem saccharine fruits and fruits altho very aciduous yet of high flavor. Fruits that would prove otherwise too tart will be increased in medicinal value when prepared with lemon juice. The limes may be used in the same way, altho less advantageously.

Fresh fruits when cooked lose a great deal of their medicinal value when cooked with fresh water. A little distilled water may be used or well-filtered rain water just to give the fruit thru steaming time to eventually cook in its own juice. A little sweet butter may be added to raise the heat and thus retain the flavor. Sugar should not be used, but syrup, honey or molasses may be added just a few minutes before the dish is to be taken from the fire.

Flavors may be used in their original natural state, like tonka beans or vanilla pods, cinnamon bark and cloves. They should be added about fifteen minutes before the dish is to be taken off the fire and then be removed, as allowing these sticks to remain in the dish will rob the fruit of its delicate flavors and depreciate its medicinal value.

Orange, citrus and lemon peels may be used in the same way as the flavors and to a great advantage.

Disease germs of a mineral nature may be readily eliminated from the system thru a judicious selection of fruits. To effect a cure it will be necessary for the northerner to use the fruits of the extreme South or the tropics, while the equatorian should confine himself to northern

products. In this case it will not be necessary for either of them to leave their place of business, as change and recreation does not imply change of scenery, but *change of methods.*

If fruits disagree with you 't is because of your aciduous condition, in which case your stomach no longer separates your food, but leaves the operations to the aciduous side of the digestive apparatus, leaving the salts or minerals undigested, forcing crystallization upon the acids themselves, consequently weakening the functional operations of the stomach and its relative organs. A little fast and until absolutely hungry, in which case an old crust of bread and a sound apple will taste better than the much lauded Christmas dinner, assures a means unto a cure. Such fasts repeated once a week or even oftener will teach one that in reality we deny ourselves nothing of the joys and pleasures of life except—disease.

FRUITS, FRESH, DRIED AND CANNED.

Uncooked fresh fruits should not be flavored; fruits without a decided flavor characteristic to their kind are not wholesome and contain no remedial value, but may be redeemed and used to a great advantage if combined with wholesome fruits and when steamed.

A very wholesome dish for invalids is fruits cooked in their own juice with a little butter and steamed in a double boiler.

Baked, also fried fruits, may be used to a great advantage, especially by invalids.

Dried fruits can be redeemed to their natural flavor and sweetness by first washing them thoroly but very quickly in lukewarm water, allowed to stand in cold water for four or more hours and then allowed to simmer slowly in the water absorbed.

The use of sugar should be in the form of white syrup, honey or molasses, but the less of it used the better. To increase the natural sweetness of the fruit it is best to use a stick of cinnamon bark, vanilla beans and the rind of lemon.

When fruit is found to be too sweet after steaming, redeem it by using the juice of a slowly baked lemon.

Dried fruits, simply boiled and sugared without an op-

portunity to develop their original natural fullness and then sugar-coated, may be termed a boarding-house dish and are unfit for food, as such a dish lacks the medicinal value for which it was intended by Nature.

For the ordinarily healthy the fruits of the local market or clime suffice to perform the natural function, and only at change of season should one in good health indulge in a radical change, subsisting on foreign fruits for three to ten days, and until he hankers after the usual regime. But when under the weather he should at once resort to foreign fruits and a change of menu.

Dried fruits, altho of another clime, do not possess the same amount of medicinal value and the effect is not at all the same as in fresh fruits.

Canned fruits are more suitable for garnishing and should be served on toast, biscuits or flaked grains. They serve as an excellent repast and may be used to flavor grain and nut dishes. The food value itself will be credited to the dish served with.

To redeem the canned fruits to their medicinal value in a measure they are to be served in thoroly aged liquors, and should be eaten with sun-cooked or electrically prepared cereals, with abundant rich, whipped cream.

In the absence of cream canned fruits should be flavored with vanilla or cinnamon.

In the absence of liquors spice them with a dash of mace, saffron and cloves, using cream.

Peaches and pears are not to be indulged in by cancerous or scrofulous people, except when out of season, which means eat these fruits three to six months ahead of your local season, or go to the land lying in the opposite direction from the equator.

Apples and oranges are not to be eaten by dyspeptics except out of season, which means to say eat apples during spring and oranges in early autumn.

Make it a point to consume the diverse fruits of the local market as they come in order, but avoid mixing vegetables with fruits at the same meal unless the object is to induce action, but even then one is to remember that but one vegetable goes with a fruit dinner, or but one fruit with a vegetable dinner.

GRAPEFRUIT.

Particularly adapted in cases of blood poisoning and an unfailing remedy in summer complaint, skin eruptions and blood diseases in general. Should be eaten freely.

APPLES.

In the past, have ofttimes been underestimated as to their royal qualities, and it is only in late years that their true values have been universally recognized. The apple may be justly considered the queen of fruits, though, of course, this has no bearing on Eve's weakness in the garden recorded by the ancient allegory. The nutritive value of the apple is about 14 per cent, and consists chiefly of carbohydrates and vegetable acids. It also contains a generous amount of phosphorus, which makes it particularly valuable to brain workers and persons with nervous tendencies; also to children and to the aged. The apples have an additional advantage over other fruits in that they can easily be kept on hand at all seasons of the year in a fresh condition without canning. Only the soft and juicy varieties, when ripe, should be eaten raw; those hard and partially unripe should be boiled, particularly the variety known as the Ben Davis. Apples are rich in iron and are valuable in cases of anæmia.

APRICOTS

Are the result of a cross between a peach and a plum, and offer little of value for food. As a rule they are woody and often cause distress to those who eat them.

BANANAS

Are a nutritious food when ripened in their native haunts, but those sold in northern and remote markets are to be used cautiously. Partial decomposition has taken place during the ripening process, and fermentation begins almost as soon as the fruit has been taken into the stomach. Bananas for shipment have been picked when green, and often stored before ripening in damp cellars, the odors of which the fruit readily absorbs. The banana contains about 14 per cent nutriment, consisting chiefly of carbohydrates,

which, when the fruit is green, is principally in the form of starch; but in the ripening process on the stalk this starch is changed to grape sugar and soluble starch, which form a valuable food suited to warm climates. The brown variety is sweeter than the yellow and of finer grain. Combined with other fruits and nuts may prove serviceable.

BLACKBERRIES

Furnish a valuable combination of acids, phosphates, iron and other minerals in an organized state; but, as the seeds and pulp are injurious to various bodily organs, only the juice should be used. Boil the berries, strain thru flannel bag and bottle the juice in an unfermented state; or convert into jelly. Makes a very refreshing drink, valuable when the blood has become impoverished and is lacking in iron.

CHERRIES

Are "food for the gods" and much might be said of their valuable properties. Suffice it to say that they should be eaten whenever desired. It is well to have a quantity canned that they may be on hand at all seasons of the year. The unfermented juice makes a valuable table wine. It may be made from jelly dissolved in the necessary quantity of water to suit the taste.

CRANBERRIES

Make an excellent sauce, valuable to serve with nut preparations, but should be put thru sieve or colander before eating. The rinds are indigestible.

DATES,

In dried state, contain 62 per cent of carbohydrates, are very nutritious and should be eaten sparingly. Only first-class qualities should be used.

CURRANTS

Which are imported in the dried state are seedless, and therefore better than home-grown varieties, which are nearly all rind and seeds. Only the juice of the latter

should be used, either in the form of jelly or bottled in an unfermented state. Dried currants should be thoroly washed before boiling. Boil in two waters, pouring off the first after five minutes' use.

FIGS,

In dried state, contain 70 per cent carbohydrates; they are valuable as food but should be eaten sparingly. Select for use only those of first quality, as the cheaper grades contain vast multitudes of animalculæ which, when taken into the stomach, produce violent headaches. The white, sugary deposit, which may easily be seen by the naked eye, contains the animalculæ; they are visible only with the aid of a microscope. Raisins, prunes, dates, currants, etc., having these white deposits, should be carefully scrutinized for the same reason.

GOOSEBERRIES

Have no other use than to be made into jelly and jam. The seeds and rinds in all cases should be discarded.

LEMONS

Are the most valuable of all citrus fruits, and their medicinal properties are widely known. To get the full values, they should be baked in a moderate oven until soft, care being taken that they do not burn or burst. The action of heat during baking forms organized salicylic acid, which is a valuable diaphoretic. In cases of colds and pulmonary disorders, it acts very effectively. Only organized salicylic acid, such as made from citrus fruits, especially the lemon, or pure oil of wintergreen, should ever be used as a diaphoretic; the commercial acid, which is unorganized and made from carbolic acid (a coal tar product), is a deadly poison and should in no case be taken into the stomach. Lemon juice should take the place of vinegar at all times.

NECTARINES

Are the result of a cross between a plum and a peach. They have little to commend them more than to give additional variety.

ORANGES

Furnish a delicious juice which is refreshing and very appetizing. May be taken to advantage in the morning just before breakfast. The pulp and rind should be discarded. Avoid the use of the rinds of oranges, which contain an oil which produces a biting and stinging sensation to the lips; the juice is poisonous to the system. The navel is the best variety.

PEACHES,

Perfectly ripe and of good quality, are wholesome in moderate quantities; if eaten green, form a subject for another "Tale of Woe." The fuzzy skin should be removed from a peach before eating; if taken into the stomach, it often causes convulsions and great distress. Peach kernels contain hydrocyanic acid (a deadly poison) in a very weak solution, and if eaten in quantities, produce deleterious effects. The kernel of the plum, cherry, apricot, nectarine and bitter almonds also contain poisonous properties and should not be eaten.

GRAPES

Were of the earth when it was young and drank its glories from the gates of Paradise. No fruit has more excellent food values than the grape. From time immemorial it has graced the tables of the rich and poor alike, and furnished them with wine unequaled by the nectar of the gods. Bread and wine are still the chief articles of diet of many who live in the Orient. The salts and acids which this fruit contains enrich the blood and do much to keep it in a state of purity. The seeds and rind are indigestible and should not be eaten. A glass of wine taken at each meal instead of coffee or tea would "open wide the portals of the mind and let the light of reason in." In speaking of wine, the unfermented grape juice is meant; that which has been impregnated with ferment is not a food, though, in some cases, it may be used as a medicine. From the infinite variety of grapes, choice may be made to suit any taste. Avoid the variety known as the "Catawba;" they are poisonous to many persons.

PEARS,

In most cases, have a woody fiber, which is indigestible. Those varieties which are juicy and tender, and which are not grainy, may be eaten occasionally to advantage. The chief values are in the juices, which contain organized mineral salts, such as iron and sodium, also phosphorus, etc.

PLUMS

Contain an acid which is injurious to the digestive organs of many persons, and should not be eaten when deleterious effects are noticed. Prunes are a very nutritious fruit and should be eaten whenever desired. They afford the highest nerve and brain food, supply heat and waste, but are not muscle feeding. In all instances when dried prunes are used, pour off the first water after cooking ten minutes; add fresh boiling water to cover and boil six to eight hours. This makes them tender and very delicious. In all cases the first water should be removed, as it carries away the sulphur and alkali used during the process of drying and preparing for the market.

POMEGRANATES

Though indigenous to the Orient, are successfully grown in the warmer portions of the United States. They are very delicious, though they contain no known medicinal properties.

RASPBERRIES,

Like blackberries, should be used only for making wines and jellies. The seeds and pulp affect the digestive organs in such a way as to cause great distress. They should not, in any case, be given to invalids or convalescents. The juice is very refreshing and may be freely used.

STRAWBERRIES

Are very beneficial, and make their appearance in the spring and early summer in time to be of great value as a blood purifier. They should be freely eaten, but well

masticated to reduce the seeds which might, in some instances, cause distress to the stomach. Strawberries are rich in iron.

PINEAPPLES

Are from "the garden of the gods." They furnish a food of great value to those who live in tropical climes. The juice is very soothing to the digestive organs, and numerous cases of chronic dyspepsia have been completely cured by their use. When canned pineapples are used, select those which have been preserved in glass jars in preference to the ones in tin cans, as the acid forms a poisonous oxide in the latter case.

BANANA CREAM.

Mash four bananas and whip one cup of sweet cream. Mix both and whip thoroly until light. Serve with shredded wheat biscuits or with cereals heated in a moderate oven for five minutes. A dash of nutmeg or a few drops of vanilla may add to the taste.

DAINTY DESSERT.

Whipped cream with any fresh fruit crushed and beaten or folded into cream. May be served in a well baked pie crust, half peel of oranges or in biscuit.

PERSIMMONS.

The Japanese persimmon is the better, altho the southern may be used to good advantage if combined with other fruits. In cases of dyspepsia and general debility the persimmon, if thoroly ripened, soft and frostbitten, will prove an excellent remedial agent, and combined with sweet mangoes and pomegranates, abstaining from vegetables and other fruits for five weeks, aids nature to accomplish a perfect cure, assuring perfect assimilation.

JELLIES.

As an article of food, jellies may be eaten occasionally. In many cases they cause a disturbed condition of the stomach, and persons with obese or diabetic tendencies should carefully avoid their use; also candies, syrups and sugar.

Jellies may be used to advantage in making refreshing wines by dissolving in sufficient cold water to dilute to taste. Serve in glasses after a meal.

The secret in making good jellies lies in the selection of the fruit and the attention and care given to it when boiling, considering the scrupulous cleanliness of the vessels used above all other things.

Select the fruit desired, boil in porcelain or graniteware kettle, adding a little water if necessary, until soft; strain and mash thru a suitable cloth, flannel preferred, and allow one pound of granulated sugar to each pint of juice. Boil again for five minutes, then add the sugar and boil until it jellies or draws into threads as you spoon it.

All jellies should be preserved in glassware, never metal, and should be kept in a cool, dark place, free from dampness. Light is very destructive to their keeping qualities.

The use of jellies by picnic and camping out parties for making appetizing drinks must be tried to be appreciated. On these occasions a tempting lunch will be given additional relish by an accompanying fruit juice of coveted flavor.

Plum jelly should not be used, as the fruit acid too often causes acidulation of the stomach, with following pain and distress.

MEAT.

That meat is not food for man needs not to be forcibly presented to the cultured and intellectual mind. This fact is as readily recognized by those having refined sensibilities, as the simple law that purity cannot emanate from degradation. Flesh eating is a remnant of man's bygone barbarism which should be long forgotten. At the dawn of the twentieth century the orient light of wisdom more forcefully heralds forth the admonition that man must cease to defile God's temple. The so-called religionists, who "pray in high places" and strive so earnestly to show their fellow-men the righteous road which leads to peace and everlasting life, forget that they should first seek purity in themselves before they guide the erring ones along the narrow way. Purity of mind can only follow purity of body, and lofty sentiments and ideas cannot emanate from pork chops, sausages or chicken fricassee.

The eating of meat, in many instances, has been the cause of great distress in social and family circles; and it has been known to change affairs of state and plunge whole nations into ruin.

It is well known to students of history that the dinner eaten by Napoleon the Great just before the battle of Leipsic proved so indigestible that the monarch's brain became confused, and, as a result, the battle was lost.

The eel stews of Mohammed II kept the whole empire in a state of nervous excitement, and one of the meat pies which King Philip failed to digest caused the revolt of the Netherlands.

The immutable law of evolution has designed that life must pass from the mineral kingdom to that of the vegetable, and from the vegetable kingdom to that of the animal. Man's transgression of this law by the eating of flesh has

brought the human race to a state of degeneracy which time and righteous living alone can change. "Thou shalt not kill" is a divine commandment, given to man at the dawn of his creation to guide him in a life of righteousness and purity. Moses embodied this same commandment in the law which he formulated to govern the children of Israel. The penalty for its disobedience has always been the same—death. "Thou shalt not kill" is not confined to man alone, but governs the entire animal kingdom. The killing of an ox is a transgression of the law the same as the killing of a man; the penalty remains the same. Kill not at all, and eat not that which has been killed.

The eating of flesh will not build up cellular tissue in man; this can only be done by a vegetable diet. Flesh foods load the blood with impurities and cause rapid disintegration, making of man a walking graveyard and a human garbage barrel. If man did not eat potatoes, white yeast bread, and meat, nor use narcotic beverages, such as spirituous liquors, tea, and coffee, 90 per cent of the evils existing today would be removed.

It is not within the province of this modest volume to argue on matters appertaining to the proper diet of man. We do not propose to take the religious, neither the humanitarian, standpoint; taking for granted that man is the offspring of an Infinite Intelligence we choose to call God, the better self must have had scientific reasons for barring flesh meats from the table of man when commanding, according to Genesis, i, 29-30: "And God said, Behold, I have given you every herb yielding seed which is upon all the face of the earth, and every tree in which is the fruit of a tree-yielding seed; to you it shall be for food; and to every beast of the earth and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for food."

NUTS.

The proper food for man is an intelligent combination of fruits, grains, nuts and vegetables. An infinite variety may be secured, suited to all conditions and occasions.

Nuts, because of their oily nature, should be used in combination with fruit, the acids of the latter aiding greatly in digestion. They may be used to great advantage with vegetables and grains.

Popcorn eaten with black walnuts or hickory nuts forms new flavors which are delicious and appetizing.

Nut preparations are very wholesome, but should be used in small quantities, as they are a condensed food.

Every family should have a mill with which to grind cereals, nuts, vegetables, etc., and many delicacies may be easily and cheaply made at home. Those who are beginning to see that meat-eating is not conducive to healthful conditions of mind and body, will find nut preparations a valuable aid in making a radical change to vegetarianism. The following recipes will aid in suggesting various other nut dishes.

HOW TO MAKE PEANUT BUTTER.

Take eight pounds of roasted peanuts, put them thru the mill, opened wide, to break up the shells and rub off the red skins, it will separate the kernels into halves; then with a hand bellows or wind mill blow away the shells. Add to the kernels all the salt that will adhere to them, and then pass them thru the mill, grinding to a fine, smooth, soft, oily, tough, delicious yellow butter that will spread on crackers, bread, etc. You have now five pounds of nut butter that contains more nutriment than ten pounds of cow butter which would cost you two dollars and fifty cents. Roasted peanuts turn to butter, raw ones make meal when ground thru our mill.

PINON OR PINE NUT BUTTER.

Roast and grind pine nuts and prepare same as other nut butters. Very fine for flavoring soups, etc.

FILBERTS.

Blanch same as almonds. Place in moderate oven for a few minutes until dry and crisp. Grind to fine meal on mill. Use same as others.

BRAZIL NUT BUTTER.

After shelling, blanch and roast for a few minutes in moderate oven. Grind to very fine meal. Used in small quantities, gives a delicious flavor to cereal preparations. Better when freshly prepared.

WALNUT BUTTER.

Use the paper-shell English walnut. After shelling, blanch same as almonds. Put in oven until slightly browned, then grind to fine meal on mill. Pack in air-tight glass jars and set in cool place. May be used with any fruit or grain dish.

HICKORY NUTS.

After being shelled, set the kernels into moderate oven for a few minutes, then grind on mill. Put in air-tight glass jars and set away in cool place. A little nut oil may be added on top, if desired. Very fine for flavoring soups, symposia and other dishes.

CHESTNUTS.

The large Italian or Apennine chestnuts are best. Boil them, when fresh, for twenty minutes, then bake in hot oven for ten minutes, or until mealy; puncture shells with knife or fork to prevent bursting. Peel and grind into flour. Put into jars and set in dry place; will keep indefinitely. May be used in soups, symposia, bread, grains.

ALMOND BUTTER.

Use the paper-shell sweet almonds. After shelling, blanch and set them in oven until thoroly dry and hard, then grind to fine meal on a mill. If desired, they may be roasted, after blanching, in a moderate oven until a golden brown before grinding. Pack in air-tight glass jars. Very delicious for spreading on bread and for flavoring cereal dishes.

BUTTERNUT AND BLACK WALNUT BUTTERS.

All preparations from these nuts are better in a fresh state, as they do not keep long without becoming rancid. Grind after shelling; used for flavoring same as other nut butters. May be slightly browned in oven before grinding, if desired. When eating black walnuts and butternuts, they should be accompanied by a generous quantity of popcorn. This prevents the rich oils from lying too heavily on the stomach and possibly causing distress.

PEANUTTA.

Put a quantity of shelled peanuts into a slow oven for twenty minutes. Do not allow them to get brown. Take them out; when cold the brown skins may be easily rubbed off. Grind to a fine, smooth paste on a mill. Put three cupfuls of these ground peanuts into a saucepan; add five cupfuls water and boil over slow fire, stirring frequently, for twenty minutes. Pour into porcelain dish and set in cool place. Very fine in soups, in cereals, symposia, or as butter to spread on bread.

COCOANUT.

Very valuable as a curative in digestive troubles. Should be combined with bananas, mangoes, persimmons and other tropical fruits. Will make an excellent butter and creams.

NUT CREAMS.

See article on Creams in Raw Food Department.

OILS.

Animal oils should not be used because they pollute the blood and are indigestible. For this reason all foods mixed with them partake of the same conditions. The feeding of children with potatoes fried in animal oils is little short of crime, because the results are equal to those of poison. The same is true of meat, white yeast bread and narcotic beverages. Another objection to the use of animal oil for frying is its liability to become overheated. Burnt fat contains acrolein, an irritating and highly poisonous liquid developed during burning. Vegetable oils will withstand a much higher temperature before burning. Their use in this book is always intended, and there are many varieties on the market which are prepared especially for culinary purposes. They are much cheaper in the end than animal oils and far more wholesome.

OLIVE OIL.

For table use, salads and for use by invalids, olive oil only is recommended. The California oil is as cheap in price as the imported finer grades, and holds its own in competition. For invalids the olive oil should first be boiled or cut with boiling water.

SALAD OIL.

Most oil sold as salad oil is simply refined cottonseed oil, and for cooking purposes is equal to olive oil, even better, as it contains more heat and consequently serves for frying better than olive oil.

COTTONSEED OIL.

Because of its cheapness and wholesomeness this oil is quite in demand and most satisfactory for soups and baking

purposes. For making pies it should first be heated and beaten with an egg-beater or fork until foaming. Pastry will be light and very delicious, both in taste and flavor.

SUNFLOWER SEED OIL.

In European countries, also in some parts of the Orient, sunflower seed oil is used for cooking and baking, with satisfactory results. The flavor is unsurpassed and the nutritious value greater than olive oil. In countries where made it is as cheap as cottonseed oil, and is thus commonly used. For invalids suffering from pulmonary troubles, and throat and nasal affections, sunflower oil as daily food proves to be an indispensable agent.

IMPROVED SOUP OIL.

To give soups a decided flavor and the taste of soup stock, save all the oil which you have used for frying purposes, putting it in a separate can. That oil having been boiled and taken on flavors from the things fried or cooked in it will gradually change its flavor and prove excellent in the preparation of soups and salads. In liver complaints use oil sparingly and only when acid or sub-acid fruits are being used with the meal.

OILS IN GENERAL.

The question of purity of oil is not so much a scientific as a commercial one, although for medicinal purposes the oil must be just as prescribed. Thus in consumption and rheumatism the patient must use none but the purest olive oil, while in troubles of liver and stomach, olive and cottonseed oil in equal proportion will prove more satisfactory. In some cases the olive oil should be used raw, while in others the oil should be boiled in water, and the water allowed to evaporate before the oil will prove of medicinal value. A little experimenting will soon teach the person as to the method to be employed in individual cases.

When breaking away from meat diet a larger quantity of oil will at first be required. Be sure to mix oil with well prepared dishes only. After a time the system will require but little oil, as we shall crave nuts in their season.

PEANUT OIL.

A peanut product. As a nut in preparations, particularly entrees of value due to the large amount of earth salts, but as an oil has to be used with discretion. The oil is somewhat heavy and in stomach, liver, duodenum and kidney troubles must be discarded from our culinary department. Can be used to a great advantage among the physically strong.

CORN OIL.

Should be used during the cold season only and even then cautiously. For frying it may be used to advantage, but it cannot take the place of the usual cooking oils.

SESAME OIL.

May be used the same as cottonseed oil. Keeps well thruout all the seasons of the year. Best for cooking purposes, but not for salads.

COCOANUT OIL.

Perhaps one of the sweetest oils of any. Excellent for dressings and for cooking purposes in general. It can be emulsified and a very palatable butter made from it, which is indispensable in cases of stomach, throat and catarrhal troubles. As skin food there is nothing better. Proves fattening when combined with vegetables and grains and works the opposite when used with fruits. An ideal nut food when used judiciously and with a raw-food diet largely. Like any other oil, it will lose its beneficial virtues if used continuously. Must be alternated with other oils in season.

PICKLES AND CATSUPS.

Pickles should be eaten very sparingly, and, if possible, not at all when prepared with vinegar, as this condiment is deleterious to a healthful condition of the stomach. Cucumber pickles are quite harmful because they are difficult to digest when preserved in vinegar.

PICKLED BEETS.

Boil beets until soft. Peel and slice them, then pour on lemon juice while they are hot and set away to cool.

PERSIAN PICKLE.

Take one quart small green tomatoes, one quart small onions, one quart string beans, one cauliflower, one cupful nasturtium seed, two quarts pure cider vinegar, two pounds sugar, two small turmeric, two ounces mustard seed, one cupful olive oil, two ounces ground mustard. Parboil the onions, beans and cauliflower separately, put the nasturtium seed and green tomatoes in brine for twenty-four hours, heat vinegar, mix turmeric and mustard in a little cold vinegar, add to hot vinegar, stirring with wooden spoon until thick, then add oil, sugar and mustard seed. Cook four minutes and pour over prepared vegetables. Pack in earthenware or glass jars.

INDIAN CHUTNEY.

Pare, core and chop in small square pieces half a pound of sour apples, add one-half pound each of tomatoes, brown sugar, stoned raisins, one-fourth pound each onions and garlic, add two ounces each cayenne pepper and ground ginger, and one quart lemon juice. Mix all well together and put in closely covered jar.

TOMATO CATSUP.

Scald, peel and core a peck of sound, ripe tomatoes. Mash as if for stewing. Season with one tablespoonful ground cinnamon, one-half teaspoonful cayenne pepper, one tablespoonful each of cloves, allspice and mace, and three large onions cut very fine; salt to taste. Put all in porcelain-lined kettle to boil; when tomatoes are thoroly cooked, rub them thru a sieve to get out the seeds, spice, etc. After straining return to kettle and boil until thick like cream. Set aside and when cold put into clean bottles, filling each to within one-half inch of the cork, then pouring in on top of each a teaspoonful of salad oil. The bottles should be kept in a cool, dry place, resting on their sides.

PICCALILLI.

Cut one peck of green tomatoes and six onions in thin slices, pack in layers in earthenware jar alternately with one teacupful of salt. Let stand over night; in the morning pour off liquid that has formed, add four green peppers and chop all fine. Put the whole in a porcelain-lined kettle with one pint of pure cider vinegar (or lemon juice) and a tablespoonful each of cloves, cinnamon and white mustard seed. Cook until soft and sweeten to taste. Pack in earthenware or glass jars and set away in cool, dry place.

CUCUMBER RELISH.

Cut six ripe, yellow cucumbers lengthwise to about the thickness of half an inch and add six large, thin-sliced onions; pack in layers in a porcelain-lined kettle alternately with one cupful of salt; let it stand over night; in the morning pour off the liquid. Now add one-half pint of pure apple cider and one-half pint of cider vinegar. Cook for fifteen minutes. Pack layer upon layer in an earthenware jar; sprinkle mustard seeds quite freely over each layer, and lastly pour the juice on. The vinegar may be sweetened with two tablespoonfuls of sugar, and three bay leaves may be used in cooking, but should be removed before mess is put in jar.

PIES.

There can be no objection to the eating of pies if they are well baked and their crusts do not contain animal oils. Doughy pies of ghostly hue, flavored with the extract of swine adipose tissue, can scarcely be expected to answer as an after-dinner relish for every hungry mortal.

In the making of pie crust, use only vegetable oils, such as olive, cottonseed or cocoanut. To insure a fine, palatable crust, beat the oil before using until it will froth. Such oil will make a much finer crust and work more readily with flour than animal fats or butter, and it will require less oil.

Clarified butter may be used, but it is considered objectionable on account of its indigestibility. Persons subject to liver and stomach disorders should not use it, nor any other animal oil, for that matter. Admixtures of animal fats and starch, such as pies, pastry, etc., should not be given to children.

Always bake pies until both upper and lower crusts are a golden brown, otherwise they are indigestible and lie heavily on the stomach. The human stomach has developed beyond the digesting of raw starch, and attention to this fact will alleviate much suffering.

Students and others in the schoolroom will sooner or later pay the penalty for the continued eating of noonday lunches composed of white bread and half-baked pie impregnated with animal fats.

PIE CRUST.

Sift together one quart of flour with one teaspoonful salt; add two-thirds cupful well-beaten cocoanut, olive or cottonseed oil, working it in thoroly; then pour in gradually one cupful cold water. Knead into firm dough with least possi-

ble handling; roll out on floured board to thin sheet and lay on graniteware pie plates. Before putting in the pie mixture, wet the crust dough when in the plates with beaten white of an egg to prevent juices soaking thru and making crust soggy. Bake pies in moderate oven, being careful to brown the lower as well as the upper crust. Enough for four pies.

APPLE PIE.

To make an apple pie that is a charm, it is necessary to use finely flavored and tart apples. Pare and core them, put them with a little water into a graniteware saucepan over the fire and boil until soft. Add sugar to taste and beat to smooth cream. Put generous quantity into each crust-lined plate, add a dash of ground cinnamon, put on upper crust and bake in brisk oven to golden brown.

CRACKER PIE.

Beat together the yolk of one egg, one tablespoonful butter and two tablespoonfuls sugar. Add the dust of four finely rolled soda crackers and one cupful of milk. Boil it all until thick. Use white of egg for frothing. Bake in open crust.

CUSTARD PIE.

Make custard of three well-beaten eggs, two tablespoonfuls white sugar and one pint sweet milk, using flavor to taste. Put in crust-lined plates and bake in slow oven. When done, take out and spread over with the beaten whites of eggs and sugar, return to oven and bake until slightly browned. Set aside to cool, then serve.

DATE PIE.

Soak one pound of dates over night, stew until they can be mashed thru a sieve. Mix with one quart of milk, three eggs, and a little salt. Bake with under crust only in moderate oven. This amount of filling will make three pies. Figs may be used in place of dates for variety, but they will need to be finely chopped.

FRUIT PIE.

Select fruit desired, such as grapes, peaches, plums, pears, etc., stew them well done; put between two crusts and bake to golden brown. Flavor with ground cinnamon or use extract to suit taste.

LEMON PIE.

Soak one-half cupful cracker-dust for one hour in one cupful milk. Cream together one-half cupful powdered sugar, two tablespoonfuls cocoanut butter or olive oil, whip in the beaten white of one and yolks of three eggs, reserving the remaining whites for a meringue. Add the juice and grated rind of two lemons, then the soaked cracker-dust. Pour all in crust-lined plate and bake in moderate oven to golden brown. Make a meringue of the whites beaten with two tablespoonfuls of powdered sugar. When pie is done, spread over the meringue, return to oven long enough to harden. Serve cold.

STRAWBERRY PIE.

Put crust in plate, bake in oven until nicely browned. Take out and fill with fresh, ripe strawberries; sprinkle with finely powdered sugar, then spread over the entire pie the well-beaten whites of eggs and sugar. Put again in oven and bake until slightly browned. Use no top crust.

MINCE PIE.

Make a mock mince meat as follows: Take one pound of washed and dried currants, one pound seeded raisins, one pound finely cut citron, one pound sugar, one-half teaspoonful salt, the juice and a little grated rind of two oranges, the juice and grated rind of one lemon, one quart grape juice, one teaspoonful ground cinnamon, one teaspoonful mace, one pint finely-chopped apples and one pint ground roasted peanuts; mix well. This amount is sufficient for six good-sized pies. Put between two crusts and bake until nicely browned.

ORANGE PIE.

Beat together the yolks of four eggs and eight tablespoonfuls sugar; add the juice and grated rind of two oranges and two-thirds cupful milk. Bake for thirty minutes in an under crust. For meringue, beat whites of the four eggs with four tablespoonfuls powdered sugar to firm paste, spread over top of pie when done, then return to oven and bake until delicately browned. Serve cold.

PUMPKIN PIE.

Stew the pumpkin until soft, then press thru sieve. To one quart of pumpkin allow two quarts of milk and six eggs. Beat the eggs well and stir into the milk, adding gradually the sifted pumpkin. Add one teaspoonful cocoanut butter or olive oil, a little salt, one teaspoonful ground cinnamon, and sweeten to taste. Pour into crust-lined plates and bake in quick oven. When done, take out and spread over each pie a generous amount of well-beaten thick, sweet cream and powdered sugar; return to oven until a delicate brown film has formed, then take out and set away to cool.

RHUBARB PIE.

Pour boiling water over two teacupfuls chopped rhubarb, drain off the water after five minutes; add one teacupful sugar, yolk of one egg, one teaspoonful cocoanut butter or olive oil, one tablespoonful flour, and three tablespoonfuls water. Put between two crusts and bake to light brown in a moderate oven.

CHEESE PIE.

Line a pie plate with plain pastry and fill with a custard made as follows: Rub two cakes of Neufchatel cheese thru a sieve, add two well-beaten eggs, a tablespoonful of flour and a little grated nutmeg; stir, fill the crust and bake.

SORGHUM PIE.

To four lightly-beaten eggs add one cupful sorghum molasses, one-half cupful sugar, two teaspoonfuls cornstarch, a pinch of nutmeg. Set into a pan of hot water to thicken.

ORANGEADE PIE.

Put one-quarter pound butter on the stove to melt slowly so the salt will settle to the bottom. Then pour off the butter and add one-half pound white sugar. Cream them together. Add the juice and finely grated rind of three oranges. Add six well-beaten eggs and two square crackers finely pulverized to give consistency. This will make filling for two pies.

BUTTERMILK FILLING.

One cupful buttermilk, one cupful sugar, the yolks of three well-beaten eggs, three tablespoonfuls starch. Flavor with lemon.

PLAIN CUSTARD.

One cupful water to one cupful sugar, one tablespoonful flour, three eggs, one teaspoonful oil. Beat it all thoroly and flavor. Bake in a quick oven.

JELLY PIE.

Beat the yolks of four eggs and add one cupful sugar creamed with one-half cupful butter. Mix thoroly and add the frothed whites of eggs. Now add one cupful tart jelly and two teaspoonfuls orange juice. Bake about three-quarters of an hour in open crust.

FIG PIE.

Soak one pound of cured figs, finely chopped, in one pint of sweet cream for two hours. Mash well and add another pint of cream, two tablespoonfuls of grated almonds, three well-beaten eggs, and a good pinch of salt. Bake with undercrust only in moderate oven. Will prove an excellent laxative if used with bran bread and light cocoa-shell tea, sweetened with fresh cream. Grated cocoanut may be used instead of almonds for a change.

PUDDINGS AND CUSTARDS.

It is, indeed, a trite but old saying that "the proof of the pudding is in the eating." Too often the testimony is dearly bought, especially when the burden of proof rests on the digestive organs like unto a nightmare. Pure and fresh ingredients other than animal, placed in the hands of an intelligent cook, may be resolved into "a midsummer-night's dream," with all the paraphernalia to match. The omission of animal fats and corn or other starch, sago, tapioca and arrowroot, from puddings will be a decided move toward robbing them of their greater evils.

APPLE COBBLER.

Line a deep graniteware dish with pie-crust dough; fill dish with sliced tart apples, and sufficient sugar to sweeten to taste. Sprinkle over the top a small quantity of ground cinnamon and cloves. Use sufficient flour, into which has been sifted one-half teaspoonful baking powder, to make about the consistency of soft ginger-bread. Have bag in which it is to be boiled scrupulously clean and before using dip it in hot water and sprinkle with flour. Boil for three or four hours, suspending pudding in pot. Water should be boiling when pudding is put in, and must be continued for the entire cooking period. Serve with sauce to taste.

Sliced peaches or other fruits may be substituted for apples to give variety.

CHESTNUT PUDDING.

Boil chestnut meal with fruit sauce for ten minutes, then set away to cool. Serve garnished with sliced oranges in sauce dishes.

ORANGE CUSTARD.

Beat well together yolks of six eggs and one-half cupful powdered sugar. Add two cupfuls orange juice and grated rind of one orange. Put into individual dishes and cook in steamer until solidified, then set away to cool.

STEAMED FRUIT PUDDING.

One cupful seedless raisins, one-half cupful finely-chopped citron peel, one-half cupful finely-chopped or ground almonds, three well-beaten eggs, one tablespoonful cocoanut butter or olive oil, four cupfuls cracker-dust; mix all together and add sufficient milk to make stiff paste. Put in pan and cook in steamer for two hours. Serve while hot with suitable sauce.

PLUM PUDDING.

One cupful milk, one cupful maple molasses, one pint well-chopped seeded raisins, one tablespoonful cocoanut butter, one teaspoonful each of finely-ground pine nuts, cinnamon and shredded lemon peel. Put on upper crust, cutting in slits to allow steam to escape, and set in moderate oven and bake to a golden brown. Serve with cream sauce to suit.

APRICOT PUDDING.

To two cupfuls flour add one level teaspoonful salt, finely powdered, three tablespoonfuls sugar, two tablespoonfuls melted butter, four eggs beaten separately, and one cup of sweet milk. Beat the batter for several minutes until it aerates. Into well-oiled cups put a layer of batter, then a layer of sliced apricots, covered with a layer of batter. Steam for twenty minutes and serve with the following sauce:

SAUCE.

One cup sugar in one-half cup water, boiled for five minutes. Add juice of cooked or canned preserves, one rounded teaspoonful butter; let it all come to a boil and add one tablespoonful cornstarch dissolved in cold water, with a pinch of salt. Let it come to a boil again and add the juice of half a lemon or more to suit taste, and serve.

PRUNE PUDDING.

Soak one pound of prunes in hot water for twenty-five minutes, then boil them over a slow fire about three to four hours until their natural sweetness is restored, adding a stick of cinnamon. Wash them thru a sieve as soon as stones are removed. Add the whites of six well-beaten eggs. Bake for fifteen minutes in a moderate oven. Pour over it the juice of two sweet oranges and serve with whipped cream, flavored with vanilla. Served in the rind of oranges adds to the appearance.

SULTANA PLUM PUDDING.

Take a cupful each of raisins, dried apples, peaches, and one-half dozen each of figs, dates, and three fresh bananas. Boil this in a separate vessel for thirty minutes and add to prunes which have been boiling for two hours, of which you take two cupfuls, adding a stick of cinnamon. The prunes have to be pitted before mixed in with the rest. In a third vessel you boil two tablespoonfuls of tapioca in a quart of water until clear. Now you mix it all together, adding three tablespoonfuls of finely-chopped or ground nuts to it, also a rind of lemon peel and citron. Allow the mixture to boil for one hour or more over a slow fire. Wet a mold and pour in if wanted cold; just turn it out as you would a jelly. Serve upon a layer of flaked rice or tapioca soaked in orange or pineapple juice. Just before serving pour over each individual dish a little grape brandy and light a match to it. Serve with whipped cream flavored with lemon.

AMBER PUDDING.

Take one and a half pounds of apples. Cut up into small pieces, peelings and cores included. Put them into a stew pan, with a piece of lemon rind and a little juice, two ounces of butter, three ounces of sugar, and stew until soft and mushy. Strain first thru colander and then a fine sieve. Stir in the yolks of three eggs. Line a pie dish with pie crust and pour the above consistency upon it. Place into moderate oven for fifteen minutes. Whip the whites into a stiff froth, add some sugar and lemon flavoring. Pour over

the top. Sprinkle with castor sugar, return to oven to brown and decorate with candied fruits.

COCOANUT PUDDING.

One-half pound sugar, one-half pound grated cocoanut, two tablespoonfuls cocoanut butter, one cupful cracker-dust, two eggs, one quart milk. Add milk to cracker-dust, then eggs, well beaten. Mix all together, flavor with vanilla and bake in graniteware dish. Serve with sauce to suit.

CHOCOLATE PUDDING.

To one quart milk add one cupful cracker-dust, three well-beaten eggs, one cupful sugar, one teaspoonful vanilla, two squares chocolate, melted. Mix well and put into graniteware dish and bake till nicely browned. Serve with or without sauce.

NEW ENGLAND BREAD PUDDING.

Into a three-quart pudding dish break five fresh eggs, beat until light; add one-fourth teaspoonful salt, two cupfuls granulated sugar, two cupfuls well-browned bread crumbs, two quarts fresh milk, one tablespoonful cocoanut butter or olive oil, one-half teaspoonful cinnamon. Bake in moderate oven about forty-five minutes, or until no longer milky, testing frequently with a knife. Do not bake pudding too long, as too much baking will spoil it. When done, spread over top a thick layer of currant or other jelly and over that a meringue made by beating whites of two eggs with pulverized sugar; replace in oven until delicately browned, then remove immediately. In all bread puddings, care should be taken to have crumbs well-browned, as the soft portion of bread becomes doughy when soaked in milk or other liquid and will have a raw taste.

PLAIN APPLE CUSTARD.

To each cupful of apple sauce, add two well-beaten eggs and one-half cupful fresh milk. Fill crust-lined plates, sprinkle on a little ground cinnamon, or add vanilla flavoring, cut strips and lay crosswise, then bake in oven.

COCOANUT CUSTARD.

This variation is made by adding grated cocoanut to the custard before baking. Treat sauce as custard pie. If shredded cocoanut is used, it should be boiled in milk until soft.

QUEEN CUSTARD.

Mix with one quart fresh milk the well-beaten yolks of four eggs, two tablespoonfuls almond meal, one-half cupful sugar, one cupful finely-ground cracker-dust, a little grated orange or lemon peel, pinch of salt. Put in graniteware dish and set in steam cooker for one hour. Beat whites of the four eggs with powdered sugar; spread over top of pudding when done, then set in oven until meringue is crisp. Take out and set aside; serve when cold.

NUT PUDDING.

To one quart milk add two cupfuls cracker-dust, three well-beaten eggs, one cupful sugar, one-half cupful orange juice, three tablespoonfuls almond or peanut meal, pinch of salt. Mix all well together, put in graniteware pan and bake in moderate oven until nicely browned; or may be put in steam cooker for one hour. Serve with sauce to taste.

DRIED APPLE CUSTARD.

Cook one pint of dried apples until tender and easily mashed thru sieve. Add one tablespoonful of clarified butter while fruit is warm. Add three well-beaten eggs, one pint of rich cream and the juice of one lemon and the grated rind of half a lemon. Line pie dish with pie crust. Pour the consistency over it and bake for twenty minutes.

ORANGE MARMALADE.

Take one dozen oranges and four lemons. Cut into halves. Soak in four quarts of water for twenty-four hours, then boil until transparent. When done take the fruit and cut into very fine shreds with a sharp knife. Return to the liquid. To every pint of the fruit add one pound of sugar. Bring it all to a boil again. Then boil quickly for twenty

minutes and then bottle. Remember that the fruit is simply to be covered with water, so that you will have to use judgment, as the quantity of water will depend upon the size of fruit and the amount of juice the fruit contains. Preparations of this nature to be used upon special occasions only and not as food.

TAPIOCA PUDDING.

Boil two tablespoonfuls of tapioca in a quart of water until clear; add while boiling a stick of cinnamon. Flavor with vanilla, and turn it out as you would a jelly.

UNCOOKED PUDDING.

One cupful each of rice flakes and toasted corn flakes, pour over it a mixture of one cupful beaten bananas and one-half cupful of grated apple; sprinkle with one-quarter teaspoonful of Saigon cinnamon. Serve in cups filled with whipped cream, garnished with candied or Maraschino cherries.

FRUIT PUDDING.

In the juice of two oranges (the four halves of oranges save) soak two finely sliced bananas and two peaches for an hour, keeping the dish packed in ice. Whip sweet cream to a stiff consistency; flavor with ten drops of vanilla and a dash of nutmeg. Keep on ice. Now cornstarch the insides of the four orange peels; put in a little whipped cream, now a little fruit and whipped cream, and so on until the top is covered with whipped cream.

SALADS.

Salads made without vinegar or strong spices are appetizing and quite wholesome. They should be eaten only in moderate quantities, and with nutritious nut and grain foods form a valuable adjunct to a well-balanced meal. A little study of their nature and qualities will enhance their value. In making salads do not mix fruits with vegetables. Nuts may be used with either fruits or vegetables.

TOMATO SALAD.

Select smooth and large tomatoes, scald them, skin quickly and drop into cold water to chill. Slice them and put in layers alternately with the following: Chop finely a small quantity of onion, parsley, and cress, and mix with mayonnaise dressing. Serve on platter and garnish with lettuce leaves or cress.

NUT-CELERY SALAD.

Put one cupful shelled walnuts in saucepan, add two slices of onion and one-half teaspoonful salt; cover with boiling water and boil thirty minutes, then throw into cold water to blanch; dry on towel and rub off the thin skins. Mix nuts with two cupfuls sliced celery and add French dressing to suit the taste.

VEGETABLE SALAD.

Cut into one-fourth-inch cubes one cold cooked beet, one cold cooked carrot, one cold cooked potato, and a few cold green string beans; mix with mayonnaise dressing, and garnish with crisp leaves of one head lettuce.

SPINACH SALAD.

Cut fine three cups of spinach and two onions, half a cupful of parsley. Mix all together. Add a pinch of thyme, olive oil to suit taste and lemon juice or Decimayonnaise. Serve with mushrooms and red rice.

VEGETABLE SALAD.

One cupful each of cabbage, celery, cauliflower, asparagus and tomatoes, two large onions, all finely chopped. Add two tablespoonfuls of olive oil, a pinch of celery seeds. Serve upon lettuce leaves with salad dressing.

PLAIN POTATO SALAD.

Cut six cold boiled potatoes into small cubes, add two finely-cut raw onions well creamed in oil, one tablespoonful minced parsley, and sufficient French or mayonnaise dressing to suit. Put in large platter and garnish with two hard-boiled eggs cut into thin slices and the crisp leaves of one head lettuce.

PLAIN EGG SALAD.

Boil six eggs fifteen minutes. When eggs are done remove the shells and cut in slices lengthwise. Arrange them on a platter so that one slice overlaps the other. While the eggs are still hot pour over Simplicity dressing and stand away in a cold place for one or two hours. Garnish with watercress or small leaves of head lettuce.

EGG SALAD.

Remove the shells from five or six hard-boiled eggs; cut lengthwise. Take out the yolks, being careful not to break the whites; mash the yolks to a paste, moistened with mayonnaise dressing; then return to the whites, filling them to their utmost. Have ready a platter filled with little nests made of lettuce leaves, and place one of these halves in each nest.

BEET SALAD.

Slice and cut into dice enough cold beets to make a pint; heap them in the center of a platter and surround with leaves of head lettuce. Make a Sauce Tartare as follows:

Chop four olives (pitted), one tablespoonful capers, one gherkin, very fine, and mix with one cup of mayonnaise dressing. Pour this over the beets and garnish with slices of hard-boiled eggs.

MACEDONIAN SALAD.

One boiled beet, one small onion, one root of celery, one boiled carrot, one-half cup boiled asparagus tops, two tablespoonfuls of cooked green peas, one dozen boiled string beans, one cup of mayonnaise dressing. Cut the beet, carrot, beans and celery into small pieces; chop the onion very fine; mix all the vegetables carefully together, then add the mayonnaise and serve *immediately*. If the vegetables are properly prepared, this makes a delicious salad.

CAULIFLOWER SALAD.

Boil a head of cauliflower; throw into cold water until wanted, then tear apart, dry on a soft towel, put in salad bowl, pour over a cupful of mayonnaise dressing; garnish with lettuce leaves and slices of hard-boiled eggs. Serve immediately.

WALDORF SALAD.

Take good-sized apples and pare them carefully; scoop out a good deal of the inside to make a cup. Then take what is scooped out of the apples, chop fine and mix with chopped nuts and rich mayonnaise dressing; refill the apples and put them in a platter of lettuce leaves.

ROYAL POTATO SALAD.

Select potatoes of small size. Scrub them well in cold water. Put them in earthenware or graniteware pot. Cover with enough cold water to keep potatoes in water. Drop into the pot a small bunch of dried or green dill or caraway seed tied in a cheesecloth sack. Let the potatoes boil quickly. Keep pot well covered, gradually turning down fire as the water evaporates. As soon as potatoes are done pour off the water and return pot to stove, but uncovered, until all moisture steams away, taking care not to put over hot fire as potatoes must not be scorched. Let potatoes get

cold. To every three potatoes use one onion the size of one of the potatoes. Cut onions fine, and pour enough hot olive oil over to cover them. Now peel the potatoes and cut into thin layers. Mix it all well. Use some green parsley, cut fine. Sprinkle with a little celery seed. Salt to taste. Cut fine a dill pickle to every fifth potato. Mix again. Now heat oil in one and vinegar in another vessel, using one tablespoonful of oil to every four potatoes and one teaspoonful of boiled grape vinegar to every four potatoes. Pour the hot vinegar on salad first and then the oil. Flavor with lemon juice or serve with sliced lemon and grated raw beets.

FRUIT SALAD.

Even quantities of sliced apples, sliced bananas, sliced pineapple and sliced oranges. The fruit, of course, is all peeled before slicing. Sprinkle with coarse-ground pine nuts and almonds. Serve with oilless mayonnaise dressing garnished with candied cherries. Do not use canned fruits for fruit salads.

NASTURTIUM SALAD.

Slice two hard-boiled eggs over a dish of shredded lettuce and dot with nasturtium flowers. Serve with French dressing.

NUT-FRUIT SALAD.

Put one pound blanched English walnuts in bowl; peel and core four tart apples, then cut them in very small cubes. Mix with nuts, then add sufficient pine nut dressing to suit taste. May be served in individual dishes, or on large platter. Garnish with sliced navel orange if desired. The flavor will be greatly improved by the addition of finely-chopped citron peel.

SPINACH SALAD.

Wash and pick over one peck spinach; cook with one-half cupful water until tender. Drain and chop very fine; then add the chopped whites of two hard-boiled eggs and sufficient French dressing to suit. Put on large platter and garnish with the crisp leaves of one head lettuce, also one hard-boiled egg cut into thin slices.

SANDWICHES.

There is no end to the variety of sandwiches which are particularly suited for picnics, parties and traveling. A little attention and interest will soon develop an endless variety of compounds.

FRUIT SANDWICH.

Chop finely one-fourth pound each candied cherries, seeded raisins, and dates; add one-fourth pound cocoanut two tablespoons grape juice, and juice of one-half orange; mix well. Spread almond butter on slices of bread, follow with fruit, then lay together.

CHEESE SANDWICH.

Blend yolks of two hard-boiled eggs with one tablespoonful cocoanut butter, olive oil or peanutta; add three tablespoonfuls grated cream cheese and a pinch of salt. Spread on slices of bread, having first laid on lettuce, parsley, or watercress leaves. Neufchatel may be used in place of cream cheese if desired; pinon butter instead of peanutta.

FIG SANDWICH.

Put into double boiler one-half pound well-washed figs, one tablespoonful sugar, one-half lemon, and one cupful water. Cook until tender; strain figs and chop very fine, then add to juice. Take twelve slices bread; dip quickly one side of each into cold water, place wet sides of two slices together and toast in moderate oven until outsides are a golden brown. Separate the slices and put between each one a thick layer of fig filling. Press together and lay away to get cold.

RAISIN-NUT SANDWICH.

Chop finely one-half pound each seeded layer raisins and English walnuts. Moisten with two tablespoonfuls grape juice, then spread on slices of bread and lay together.

OLIVE SANDWICH.

Toast slices of bread as for ginger sandwiches. Spread on thin layer of peanutta, then Neufchatel cheese, and sprinkle with minced olives; olives stuffed with pimentoes may be used if desired.

GINGER SANDWICH.

Take eight slices of bread; dip quickly one side of each in cold water, lay wet sides together and toast to a golden brown in a moderate oven. Separate slices and put between them a filling composed of four lettuce leaves and one-half ounce of candied ginger cut into small slices, then place together.

SAVORY SANDWICH.

Mash finely with a wooden spoon one-half pound peeled tomatoes, rub into them the yolks of two hard-boiled eggs; add pinch of sugar, dash of cayenne pepper, and chopped whites of two hard-boiled eggs. Put one tablespoonful of olive oil or cocoanut butter into a heated stewpan, pour in the mixture and when hot add one teaspoonful flour which has been worked to a cream with a little cold water, boil until thickened, then set away to cool. Put between slices of brown bread which have been spread with nut butter.

DIVERS SANDWICH.

Apple sauce with layer of whipped cream, or asparagus, spread between slices of bread, make very nice sandwiches. Also, sliced tomatoes laid between slices of bread which have been spread with French mustard and cream cheese, garnished with sorrel leaves or cress. Salsify, eggplant, or green tomato fritters garnished with horseradish and put between slices of bread make nice sandwiches.

PEANUT SANDWICH.

To one cupful peanut butter add one-half cupful salad dressing; mix thoroly and spread between slices of bread.

SOUPS.

The first course of all dinners should be soup. They have an appetizing and refreshing effect upon the stomach, which is fittingly prepared for the work of digesting the more solid foods that are to follow.

Soups should not be eaten while hot, as they soften the stomach and lay a foundation for neuralgic conditions of that organ. They should be allowed to cool to a moderate temperature.

Neither beverages nor food should be taken into the stomach while hot. This organ is more sensitive to heat and cold than the mouth, and protests against abuse will be entered for presentation at some future time.

Vegetable oils, such as cottonseed, olive, or cocoanut, added to soups will give finer flavors than animal oils; and finely chopped or ground nuts greatly surpass ox tails and shin bones for making soup stocks.

Catsup is one of the best condiments for use in flavoring soups, but black pepper and an excess of salt should be strictly avoided.

An endless variety of soups will suggest itself as we learn to use our own judgment in preparing soups which are an art in themselves. The reason most people do not care for soups is because they never tasted the fine oil soups which give stay and stamina.

SOUP FOR INVALIDS.

Just after a siege of sickness, when abstinence from food proves the only successful means of conquering the disease, giving the body an opportunity to recuperate, soups will prove most beneficial. It should be remembered that it is not well to eat bread or crackers with any kind of soup unless the soup is merely a plain combination of oil and

water, in which case the bread should be cut into small squares, toasted, and the boiling water and oil poured over it.

Invalids should use the broth of soups only for several days and later on use the stock.

THE BROTH

Of the soups as given in routine may be used after the fast has been broken, adhering to each broth for a day or two before resorting to another.

BOUILLON SOUCI.

Take one teaspoonful of oil to each cupful of water. Let it come to a boil and thereafter simmer for ten minutes. Salt it to taste after boiling. Take a clove of garlic and rub the warmed bowl or plate with it. Rub the garlic well into center of dish. Now cut some green parsley into dish. Pour the boiling or hot broth into plate and sip it as warm as you can take it, masticating the parsley well.

PARSLEY SOUP.

Take two tablespoonfuls of oil to three pints of water and boil it with a bunch of parsley. Let it all boil slowly for thirty or more minutes. In the meantime take one tablespoonful of oil and one-half tablespoonful white flour and put them into frying pan over a hot fire, allowing the mixture to brown, stirring it to keep it from burning.

As soon as browned to a golden color, add hot water gradually, stirring it continually until thinned to a liquid. Pour it into the broth, let it boil together for a minute and then serve.

CONSOMME VEGETAL.

Take two carrots of medium size, one turnip, one stalk leek, two onions, two spoonfuls rice and one spoonful barley, four tablespoonfuls oil and two quarts water. Boil for forty-five minutes and then add water to suit, allowing it to simmer. Salt to taste. It will then be ready for use. Break an egg into your bowl, remove the germ and pour the hot broth of your soup over the egg. As soon as you

see the white of the egg cooked, stir up the yolk and let it mix with the broth. If you care to you can sprinkle a little green parsley over the broth.

CREAM OF BEANS.

Boil until soft and mushy one-half package of American hulled beans. Mash thru a sieve and add a quart of milk, one well-beaten egg, two tablespoonfuls of olive oil, dash of salt and cayenne pepper. Return to the fire and let it all come to a boil. If a firm soup is desired retain one tablespoonful of the olive oil and cream it with one heaping dessertspoonful of flour by browning it in a saucepan and smoothing it with part of the soup, then pouring it all together, allowing it all to boil up together.

CRACKED BARLEY SOUP.

Boil two tablespoonfuls cracked barley in two quarts water for three hours. Stir in slowly one pint milk, one well-beaten egg and one teaspoonful salt.

RICE SOUP.

Boil one tablespoonful cleaned rice in one quart water for one hour; add the juice of two boiled tomatoes, one tablespoonful each of olive oil and peanutta; one teaspoonful salt. Boil a few minutes, then flavor with two tablespoonfuls tomato catsup.

VEGETABLE SOUP.

Chop finely one onion, four green beans, one small ox-heart carrot, one-half green pepper, one stick celery, or pinch of celery seed, one tomato, sprig parsley, small parsnip, sprig cauliflower, one tablespoonful oil; boil one hour in two quarts water. Add one teaspoonful salt and one cupful milk.

CELERY SOUP.

Take five stalks celery, with leaves, cut fine and boil for ten minutes in one quart water; pour off water and add two quarts fresh water, one clove garlic, one tablespoonful olive oil, one tablespoonful nut butter; boil two hours, then

add three cupfuls milk and one cupful milk thickened with a little flour; boil again for a few minutes, then serve.

RICE-MACARONI SOUP.

Boil one tablespoonful rice, one onion, one cupful broken macaroni, and one tablespoonful oil in two quarts water for forty-five minutes. Add one teaspoonful salt and two tablespoonfuls finely-chopped green parsley and allow to boil a few minutes longer. Add two tablespoonfuls catsup or pinon butter for flavoring, if desired.

ASPARAGUS SOUP.

Boil one quart finely chopped asparagus in one quart water for ten minutes; pour off water, put on two quarts fresh water and boil twenty minutes; strain out asparagus, and mash thru colander, then return again to water from which it was taken. Cream one tablespoonful flour with one tablespoonful oil, stir into one pint heated milk and boil a few minutes; salt to taste and pour into asparagus. Let all come to a boil and pour over toasted bread cut into dice, or oyster crackers, and garnish with parsley.

GRAIN-VEGETABLE SOUP.

Put one tablespoonful each of rice, chopped green corn, and cracked barley into soup pot; pour on one quart water and boil one hour. Chop fine two sticks celery, one onion, turnip, carrot and sweet potato; add to soup, together with one quart water. Boil for two hours over slow fire, then add one quart boiling water. Take one cupful flour, one-half teaspoonful baking powder; mix well and rub with one tablespoonful nut butter or oil and one well-beaten egg. Roll into small balls, drop into soup and boil for thirty minutes. About five minutes before taking off fire add two teaspoonfuls each of parsley, peanut butter, peanutta and one teaspoonful each of thyme and salt.

PEA SOUP.

Put one quart green peas and one onion into a soup pot; pour on sufficient water to cover and boil forty-five

minutes. Mash thru colander and add one pint water. Cook one tablespoonful flour in two tablespoonfuls oil until a very light brown. Add one cupful each of milk and cream and one teaspoonful salt. Pour all into soup, boil a few minutes and serve.

TOMATO SOUP.

Boil four or five tomatoes for one hour in sufficient water to cover; strain thru colander, put juice again on the fire and add one-half cupful milk which has been thickened by the addition of a little flour. Boil until slightly thickened, adding one quart of milk slowly after boiling. Serve with dry toast. May be flavored with a little parsley, onion or celery.

BEAN SOUP.

Soak over night one teacupful beans in sufficient water to cover. Pour off the water, then add one quart fresh water and boil for one-half hour. Pour off this water and again add two quarts boiling water and boil for six hours. Mash thru colander, then add one-half pint well-cooked tomatoes, a sprig of parsley and one tablespoonful oil; cook one-half hour longer. Add one pint milk and serve.

BARLEYBON.

Put one-half cupful pearl barley in two quarts water; add two sticks celery and one tablespoonful olive oil; boil three hours over slow fire. Then add one whole onion, one cupful strained tomato juice, and one tablespoonful nut butter. Continue boiling for forty-five minutes. Brown in a frying pan one tablespoonful flour mixed with one tablespoonful oil; add two cupfuls water, one teaspoonful salt. Pour this into soup and boil for a few minutes. Remove onion and celery before serving. A good dish all the year around.

VEGETABLE STEW.

One bunch each of carrots, beets and onions, two quarts of new potatoes, five tomatoes, one cup of oil, one-half tea-

spoonful each of salt and celery seeds, a dash of red pepper covered with one quart of water and boiled slowly for one hour.

SWEET POTATO SOUP.

Boil six small or four medium-sized sweet potatoes; when done, peel and mash thru a sieve. Dissolve two tablespoonfuls of finely-ground pine nuts in one quart of hot water; add one small onion grated, one teaspoonful salt, one teaspoonful celery seed and boil for ten minutes, while the sweet potatoes are being peeled and prepared. Strain the soup and mix in the sweet potatoes; now return to the fire and add two tablespoonfuls of olive oil, a dash of cayenne pepper, and let boil a few minutes.

CREAM OF TOMATO SOUP.

Take a can of tomatoes and add a bruised bay leaf, a blade of mace, a sprig of parsley, and let them stew for fifteen minutes. Put a quart of milk on to boil in a double boiler, and when boiling add two tablespoonfuls of flour mixed with two tablespoonfuls olive oil, and stir constantly until it thickens. Now press the tomatoes thru a sieve and if ready to use the soup, add a teaspoonful of sugar and one-fourth teaspoonful baking soda to the tomatoes, and then the boiling milk; stir and serve immediately. It must not go on the fire after mixing the milk with the tomatoes, or it will separate. If you are not ready, let them stand on the fire separately and mix them when wanted.

CREAM OF CHEESE SOUP.

Put into a quart of milk, a slice of onion, a slice of carrot, a blade of mace and boil in a double boiler. Rub two tablespoonfuls of flour into four tablespoonfuls of olive oil; remove the vegetables and mace from the milk after it begins to boil and add the flour and oil and stir until it thickens. Now add three heaping tablespoonfuls of grated Parmesan cheese and stir three minutes; add the beaten yolks of two eggs, salt and cayenne pepper to taste and serve at once. This soup cannot be heated over.

ENTREES,

OR

SYMPOSIA FULL DINNER DISHES.

An effort has been made in this department to give suitable dishes designed to take the place of meats. In many instances when the housewife has resolved to adopt a new regime, one which leads to a betterment of mental and physical conditions, and one which excludes all animal foods whatsoever from the daily menu, she is at a loss to know just what to select when supplying the family table. The task need no longer be difficult, for in the preparation of these dishes others of similar nature will suggest themselves, and the various items may be procured accordingly. To obtain the best results, there is only one special rule to be observed,—do not use fruits with vegetables.

Vegetables should be combined with grains and nuts; fruits with grains and nuts; but not vegetables with fruits.

Onions and garlic may be combined with apples (sour apples) without detracting from the beneficial qualities of either.

Do not use raw flour in making symposia; brown it in a moderate oven, and stir occasionally to prevent burning.

When using bread, it should always be cut in slices and toasted to a golden brown in a moderate oven. It is necessary to procure a mill, or small grinder, with which to grind the toasted bread, crackers, shredded-wheat biscuits, nuts, grains, etc., for use in these recipes. These mills are sold by our societies for $4, and are indispensable to all well-regulated kitchens. It is well when purchasing nuts to select those which have been shelled; they are cheaper in the end. They have been put thru special machines which

take out the kernels in a comparatively unbroken condition; besides there is a great saving of time. The nuts should be fresh, otherwise they will be rancid and unfit to eat.

Use graniteware, porcelain, or aluminum dishes for baking purposes. Tin is easily oxidized and often poisons the food.

To facilitate a variation in symposia, we give the following formulæ, the use of which will satisfy the most fastidious taste. Select for use only strictly fresh articles.

Green fruits and vegetables which have become wilted after being picked, have lost their life-giving properties and are so much dead matter. They should be eaten as soon as possible after being picked, observing particularly that all are free from blemishes, and that there are no evidences of decay. As soon as disintegration sets in, the entire fruit or vegetable, as the case may be, has become permeated with effete matter that produces like conditions in everything with which it comes in contact.

FORMULA NO. 1

(Combining Fruit, Nuts, and Cereals.)

One cupful cereals; choice may be made of cracker-dust, finely-ground toasted bread crumbs or browned flour. Three cupfuls finely-chopped fruit; choice may be made of any fruit separate, or they may be mixed. One cupful nuts; nut butters may be used, or finely-chopped or ground kernels of any nuts desired. Two well-beaten eggs. One cupful liquid; milk, water, or fruit juices may be chosen. One teaspoonful salt, one teaspoonful spices or extracts, to taste. Bake for forty-five minutes.

FORMULA NO. 2

(Combining Vegetables, Nuts, and Cereals.)

One cupful cereals. Three cupfuls finely-chopped and boiled vegetables; selection should be judiciously made, avoiding as much as possible the use of cabbage and potatoes. (See list of vegetables, following this department, for those which are most desirable.) One cupful nuts.

One tablespoonful savory herbs. Two well-beaten eggs. One (in some cases two) cupfuls liquid. One teaspoonful salt. A little spice, except black pepper, to suit taste; bay leaves, celery seeds, and green parsley will give a decided taste. Catsup will give additional flavor. Bake one hour.

CHESTNUT.

One pound of boiled Italian chestnuts, one pound whole-wheat bread crumbs, toasted and ground fine; one pint boiled celery stalks, one pound fresh or one-half can tomatoes, one cupful each of green parsley and celery leaves, chopped fine; two good-sized raw onions, chopped; just a little marjoram and thyme finely ground, enough to give it all a distant flavor; finely chopped fresh red pepper, about one tablespoonful; two tablespoonfuls olive oil, heaping teaspoonful salt, two or more eggs. Stir and mix it well. If consistency should be stiff add lukewarm water or eggs. Make into a loaf and set in a medium heated oven for an hour or until done. Occasionally moisten the top with a spoonful or more of hot water. Serve with nut tomato sauce made from one pound or half a can of tomatoes, three bay leaves, one blade of mace, pinch cayenne pepper, one tablespoonful ground raw peanuts, one small onion and one cupful water. Boil it for fifteen minutes over a quick fire, adding hot water frequently as needed. Thicken with browned whole-wheat flour.

TAHARANI.

One tablespoonful each of blanched almonds, pine nuts, pecans and walnuts; one cupful finely-ground dried bread or crumbs, one finely-chopped onion, a pinch of powdered sage, a pinch of finely-ground celery seeds, one tablespoonful of finely-chopped parsley, salt and pepper to taste, two eggs and one cup of cream. Mix ingredients in routine as given and keep stirring and beating. Consistency to be medium, not stiff. Put in oiled earthenware dish. Bake for three-quarters of an hour. Serve with cream pea sauce and fresh peppermint leaves.

NATURALIA.

One cupful malted barley, one cupful ground raw peanuts, two tablespoonfuls flour, one tablespoonful oil, one well-beaten egg, salt to taste; enough water to make it a light consistency. Bake for three-quarters of an hour in well-oiled gem pans. Apples may be added to the consistency, but no raisins. Eaten every other day will promote natural action.

PRUNATUNA.

One cupful fresh shelled peanuts, boiled in a quart of water for fifteen minutes, one cupful raw prunes, one each of dates and figs, one cupful malted barley, two tablespoonfuls oatmeal, a good pinch of cinnamon, one tablespoonful oil. Stir quickly. If thick, add a little water. Bake in well-oiled pan. Do not use any drink with this dish. Particularly valuable for dyspeptics.

URANA.

Boil in separate vessels, over a quick fire, one cupful each of rice and barley in a quart of water containing two tablespoonfuls of olive oil. When well done and water boiled down about two-thirds, let it cool a little, adding two medium-sized onions, finely chopped, a dash of thyme and a pinch or two of salt. Add two eggs, one cupful bread crumbs and two tablespoonfuls flour. Make little loaves, rolled in crumbs. Set into well-oiled pan and bake for half an hour.

SPAMUTTA.

Grate four cupfuls raw carrots, two cupfuls parsnips, one cupful each of turnips and potatoes. Add one and a half cupfuls browned flour, one cupful coarsely-ground raw peanuts. Flavor with one cupful green parsley and celery leaves, finely chopped, one-half teaspoonful crushed celery seeds, one teaspoonful salt, two tablespoonfuls oil, the yolks and whites of two separately beaten eggs. Put in granite pan, well oiled. Bake for three-quarters of an hour. Serve with mint sauce or plain mint and green peas.

DE NOIX.

Take two tablespoonfuls peanuts, two tablespoonfuls walnuts, one tablespoonful Brazil nuts, one tablespoonful pecans; chop all fine and add one cupful finely-ground toasted bread crumbs, one cupful sweet milk, one tablespoonful nut butter creamed in a little milk, two well-beaten eggs, a pinch of chopped sage and thyme. Mix thoroly, put into oiled dish and bake twenty minutes in moderate oven. Serve garnished with green parsley.

DE CAROTTE.

Boil for one hour one cupful carrots, one-half cupful parsnips, and two cupfuls celery, all finely chopped. Take three tablespoonfuls browned flour and boil in one and one-half cupfuls hot water until thick. Mix with the boiled vegetables, then add one cupful finely-ground onions, two cupfuls flaked cereals, or cracker-dust, two well-beaten eggs, one tablespoonful salt. Mix thoroly, then put into well-oiled dish and bake in moderate oven for twenty minutes. Serve with tomato sauce.

DE POIS EN COSSE.

Mash fine one cupful boiled green peas (if canned see that they have been boiled until soft), add one-half cupful strained stewed tomatoes, two eggs, two tablespoonfuls nut butter rubbed smooth in a little hot water, one cupful finely-ground crackers (shredded wheat or browned bread crumbs may be used), one-half cupful onion juice, one-half teaspoonful each marjoram, thyme and salt; mix well and put into oiled dish and bake twenty minutes. Serve with chopped parsley.

DE VEGETAL.

Take equal quantities each of sweet potatoes, squash, tomatoes and parsnips to make two cupfuls; boil for forty-five minutes and mash all fine. Brown one cupful flour in moderate oven, stirring occasionally to prevent burning, then mix with one cupful water or milk. Add to the vegetables, mix well and roll up in a lump. Make a dressing as

follows: Chop one onion fine and cook slowly in pan with two tablespoonfuls oil, or cocoanut butter; add one teaspoonful each of finely-chopped thyme and marjoram, two tablespoonfuls lemon juice, one-half cupful toasted bread crumbs, one teaspoonful salt, and one cupful water or milk. Spread out the "meat," inclose the dressing, roll up and oil all over; put into oiled dish and bake thirty minutes in moderate oven. Make a gravy with a little browned flour, water and a teaspoonful nut butter.

A LA SULTANA.

Boil one cupful browned flour in two cupfuls water until thick and creamy, stirring constantly to prevent burning. Add one cupful each of finely-chopped apples and pears, two tablespoonfuls ground walnuts, one cupful cracker-dust, three tablespoonfuls of oil, one-half teaspoonful of cinnamon, two well-beaten eggs, one teaspoonful salt, and dash of cayenne pepper. Mix thoroly, put into well-oiled dish and bake in slow oven for thirty minutes.

A LA SIMPLE.

Cut one-fourth of a loaf of rye bread into slices; toast in a moderate oven to a golden brown, after which soak in water until soft; press out the water, then add two cupfuls ground raw peanuts, two cupfuls chopped onions, one cupful chopped celery, two tablespoonfuls parsley, one teaspoonful salt, two tablespoonfuls oil, dash of cayenne pepper. Mix thoroly and put into a well-oiled granite-ware dish. Press down well, then take from the center sufficient to make an opening large enough to hold the following filling: One-half cupful peanut butter, one-half cupful Neufchatel cheese, and one-half cupful milk. Fill opening, then lay on top the removed portion. Put in moderate oven and bake one-half hour. Serve with catsup.

A LA FAMILLE.

Put two tablespoonfuls browned flour into one and one-half cupfuls milk and boil until a smooth paste, stirring constantly. Add two cupfuls each peanutta, finely-chopped

apples, and finely-ground toasted bread crumbs, three tablespoonfuls oil, two well-beaten eggs, two teaspoonfuls salt, and a dash of cayenne pepper. Mix thoroly, and put into oiled dish and bake thirty minutes in moderate oven. Serve with sauce.

PEAS ROAST.

Take a pound of dried green split peas and boil until mushy. Place a medium-sized whole onion (peeled) in the pot with the peas and boil with them for flavoring. If water boils away before peas are done, add some more. Use no salt, as salt hardens the water and takes longer to cook the peas. When done remove the onion and mash peas thru a sieve; now add salt to taste, two eggs beaten light; stir well and put into oiled pan (small deep bread tin is best) and bake fifteen to twenty minutes. When done turn out the loaf on a platter and turn over it tomato or mushroom sauce. Garnish with parsley or mint.

MACARONI WITH CHEESE.

One-half pound macaroni, one cupful of milk, three tablespoonfuls grated cheese, two eggs, two tablespoonfuls whole-wheat flour, two tablespoonfuls olive oil, salt and cayenne pepper to taste. First break the macaroni into bits of about one inch long and boil rapidly for twenty minutes in slightly salted water. When done, put in colander to drain. Put the milk on to boil and stir into it the flour mixed smooth with the olive oil and stir continually until it thickens; then add a dash or two of cayenne pepper, the cheese and macaroni, and lastly the two beaten eggs. Cook one minute longer and turn into an oiled baking dish to brown in the oven. Serve in same dish.

MACARONI-CHEESE CROQUETTES.

The above recipe may be used for croquettes. Instead of turning into baking dish when done, turn into a square pan and set away to cool. When cold cut in slices; dip first in egg, then in cracker-dust, and fry in oil until brown. Serve with tomato sauce.

SPAGHETTI WITH TOMATOES.

One-half pound spaghetti, one can tomatoes, two tablespoonfuls olive oil, two cloves of garlic, two tablespoonfuls of whole-wheat flour and salt to taste. Take spaghetti in long sticks and put ends into boiling salted water. As they soften, bend and coil in the water without breaking. Boil rapidly for twenty minutes. When done, put into a colander to drain and set the colander in a pan of cold water for ten minutes. This bleaches the spaghetti and makes it white. Open can of tomatoes; put on to boil with the garlic cut into small bits. Dissolve the flour in the oil and add to the tomatoes when boiling and stir until thickened. Now oil a covered earthenware baking dish, put spaghetti with tomatoes thoroly mixed thru it into the dish and bake in oven for fifteen minutes. This can be made in the morning and put away until evening, or twenty minutes before serving the dinner; then set it in oven to bake fifteen to twenty minutes. Serve with bananas fried in olive oil after first being dipped in egg and cornmeal, or thin slices of Oriental bread spread with nut butter and Swiss cheese laid over the nut butter.

SPAGHETTI ITALIENNE.

Bring a high kettle of water containing two gallons to the boiling point and without breaking set in on ends one pound of solid gluten spaghetti of the fine kind and allow to boil quickly for fifteen minutes, gradually pushing the upper ends under water as the lower descends into the pot by virtue of softness. Now add one tablespoonful of salt and one clove of garlic, allowing to boil for five minutes longer; run thru colander and serve on large platter, sprinkling it all with a thin layer of Roman cheese and pouring a sauce over it all quite thickly, made as follows:

SPAGHETTI WITH BROWNED SAUCE.

See recipe for Browned Sauce and prepare. As soon as sauce is smooth add the spaghetti as prepared in the preceding recipe and simmer until thoroughly hot. Serve on

large platter and cover top with grated Parmesan cheese. Baked sweet potatoes go nicely with this dish.

SPAGHETTI SAUCE.

Two tablespoonfuls of tomato paste or half a can of Campbell's thick soup or two large fresh tomatoes, and one to two good-sized finely chopped onions cooked down to a thick paste, well strained. Bring to a boil; add two cloves of garlic, two pepper corns, two cloves, three bay leaves. While simmering take two tablespoonfuls of butter, add one tablespoonful of finely-chopped parsley and fry quickly; when done, add to the above, strain thru sieve and pour upon platter with spaghetti. This sauce should be made while spaghetti is cooking, so as to serve it all hot.

SPANISH SPAGHETTI.

Put three peppers in oven until slightly brown. Cover tightly for five minutes after removing from oven. Now remove seeds and skins, chop fine; add one pint each of tomatoes and water, one tablespoonful of oil, one-half cup of minced onions, one-fourth pound of spaghetti. Boil for twenty to thirty minutes. Add finely scissored parsley when serving. Garnish with shredded lettuce and water-cress.

STUFFED MANGOES OR BELL PEPPERS.

Two cups of finely-ground toasted bread, one cup of tomatoes, one small finely chopped onion, one cup of olives, salt to taste, one tablespoonful of oil. Remove seeds from mangoes by cutting off the stem ends. Then stuff with above filling, put into pan to bake for thirty minutes. Add water to bottom of pan to keep from burning. For a change, add two eggs or grated cheese, string beans, peas, boiled rice, barley or any vegetable one may have left over from the previous meal. Should be served on shredded lettuce with finely scissored parsley, scorched in butter, poured over it. Mashed potatoes or turnips, squash and toast go well with them.

PEANUT FRUIT.

Boil in two cupfuls milk two cupfuls ground raw peanuts; add one cupful finely-chopped celery, one-half cupful seeded raisins or figs, one teaspoonful sweet marjoram, two teaspoonfuls oil, one teaspoonful salt, one tablespoonful bread crumbs, two well-beaten eggs; mix well. Shape into small balls and dip into following batter: Two tablespoonfuls flour, one egg, pinch of salt, mix well with one cupful milk. Fry in graniteware saucepan to golden brown in very hot oil, and serve with or without dressing. Mashed potatoes or lyonnaise go best with this dish.

SPANISH RICE.

Into one-quarter cup of hot olive or cooking oil stir one cup of dry rice; let it turn brown and add one cup of finely-cut onions, one to three threaded green peppers with seeds removed, two teaspoonfuls of salt. Let fry until onions are done. Now add one quart each of tomatoes and water, bring to boiling point and serve.

NOODLES AND CHEESE.

Take one-quarter pound of Italian egg noodles and boil for about fifteen minutes from the time of dropping them into the boiling water. If you wish, you can make your own noodles by taking three tablespoonfuls of flour and two well-beaten eggs; work into dough. Roll out on a board, adding flour gradually until it all rolls into a stiff ball. Now cut up into four pieces. Take a rolling-pin and roll out into sheets. Allow to dry for an hour. Cut into strips about the width of an inch. Put layer upon layer and take a sharp knife, cutting the layers into threads. Spread them out on paper and when ready for use drop into boiling water little by little. Requires fifteen or more minutes, according to thickness of the noodles. When done, drain off the water thru a colander and pour cold water over the noodles, which will separate them and give them consistency as well as color. Now take one cup of milk and put into a double boiler, add two cupfuls of grated rich American cheese, dash of cayenne pepper and salt. As soon as cheese is melted add the yolks of two well beaten

eggs. Put noodles into a well-oiled pan or baking dish; pour the mixture over them and bake for ten to fifteen minutes in a moderate oven. Serve in baking dish with green peas or asparagus and a little parsley.

ROYAL MACARONI.

Break up one-half pound of macaroni into three-inch lengths and cook in the usual way. When done oil a deep baking dish. Put in a layer of macaroni and sprinkle with Herkimer cheese, a layer of seeded tomatoes, a layer of macaroni and a layer of French mushrooms, on top of these a layer of macaroni and on top of it all a good layer of cheese. Over this spread tomato sauce, or if preferred cream sauce may be used instead. Put into moderate oven for at least half an hour.

CHEESE RAMEKINS.

Put four tablespoonfuls of cracker crumbs with one-half cup of milk on to boil. Stir until smooth; then add four tablespoonfuls of grated cheese, two tablespoonfuls of olive oil and stir over the fire for one minute. Take off, add one-fourth teaspoonful dry mustard, cayenne and salt to taste, and the yolks of two eggs. Beat the whites of three eggs to a stiff froth, and stir them in carefully. Pour into an oiled baking dish and bake for ten minutes in a quick oven.

WELSH RAREBIT.

Toast carefully square slices of salt-rising bread with crusts removed. While hot, butter them and arrange on a dish or platter and place in the oven to keep warm, while you make the rarebit. Put one-half cup of milk in double boiler and when boiling hot add two cupfuls of rich American grated cheese, stirring *continuously* until the cheese is melted. Have ready one-half teaspoonful of dry mustard mixed with a little salt and two dashes of cayenne. Stir this into the milk and cheese and add two well-beaten eggs. Pour over the toasted bread and serve at once. If the rarebit is tough and stringy, it is the fault of the cheese not being rich enough to melt.

INDIAN CURRY.

Slice four onions into a frying pan, add enough oil to fry them light brown; now add two tablespoonfuls of butter or more, four tablespoonfuls of curry, a little more oil and cook with the onions for ten minutes. Mix with one can of kidney beans, one cupful of strained tomatoes, two tablespoonfuls of seeded raisins, one tablespoonful of chutney, a little water if needed, and allow to boil slowly for two hours. Creal some rice quickly for twenty minutes, so that kernel drops from kernel. Place by the spoonfuls around the platter and pour the curry in the center with three-cornered pieces of white bread toast to decorate, and serve hot. Mushrooms with mushroom sauce will make a nice meal. To be used cautiously and only in cold weather and where threatened with malignant troubles. Considered a festival dish.

MIDNIGHT DISH.

Salt-raised bread, shaped a la Vienna; sun-dry it; then cut into slices about one-quarter of an inch thick. Toast in oven on one side only. Have ready finely-ground poppy seeds mixed equally with sugar (brown preferable); to every cup of poppy and sugar add one-half teaspoonful of cinnamon. Have ready some nut cream containing pine nuts and filberts thinned with orange juice. Now put a layer of the toast into an extra deep platter. Pour over it some hot sweet cream, then a layer of poppy seeds, again a little sweet cream, now the thick nut cream, and over this a layer of toast, proceeding as at first, finishing with the nut cream. Serve upon individual dishes garnished with bits of candied fruits, pouring over it Dutch frosting. Serve Arabian coffee later on. A holiday dish only.

PLAIN DISH.

One cupful each of cracker-dust, raw onion, chopped apple, a dash each of thyme, sage and salt, tablespoonful catsup, tablespoonful of Worcestershire sauce, egg and three tablespoonfuls cream. Roll in cracker-dust into six balls and fry in hot oil.

VEGETABLES.

The chemical analysis of diverse vegetables is too well known to all students of the vital question, namely, the Problem of Perfect Life, to repeatedly dwell upon it here. Furthermore, the analysis of foods from a chemical standpoint alone does not suffice where one concerned in the use of food has not learned to make his selection suitable to his nature. First of all, one must remember that vegetables are to the consumer of value only during the vegetable season, confined to the local market, and of medicinal value out of season to the invalid only.

Vegetables are not in their entirety foodstuffs; they are in accordance to kind and quality of hydrogen, oxygen, phosphorus, sulphur, iron, nitrogen and many other ingredients nutritious only when combined with breadstuffs, grains or cereals. Vegetables are, owing to their greater quantity of liquids or hydrogen and minerals, classed as eliminators, and are of inestimable value and necessity in a well-balanced meal to furnish flushing and waste matter for the more solid grain, nut and dairy foods, besides furnishing valuable salts and acids of medicinal value, stimulating the diverse digestive organs.

Vegetables which ripen above the ground are preferable as food for man, as they contain a greater per cent of organized salts and acids, as well as nutritious elements, sustaining proper organic action. They should be served with trimmings of fresh parsley, mint and sage.

Vegetables which ripen on the ground are valuable as to their toning qualities and thus splendid eliminators; when used with aromatic seeds in small quantities they help to expel foreign organisms, bacteria, entozoa, etc. These aromatics are anise, caraway, fenned, dill, celery and zedvar.

Vegetables that ripen above the ground should be used as salads, consequently in their natural state, and when pre-

pared should be sliced with a sharp knife, cut in a chopper, or if of a leafy kind, should be cut with a scissor. When to be cooked they should not be allowed to boil in water, but in clarified butter, olive or vegetable oils, or half and half. The butter or oil should come to a heating point, readily extracting the liquid from the gradually added vegetables by virtue of steaming. Keeping the vessel over a slow fire, these vegetables will soon boil in their own liquid and when nearly done boiling water may be added if these vegetables are to be used for a broth or soup. No salt or flavors should be added until ready for serving.

Green vegetables, which are to serve as stock for soups, broths, gravies, consommes, bouillons, etc., may be cooked in water that is just beginning to boil and that has been slightly salted, allowing one tablespoonful of salt to two quarts of water. Water that has been boiled for a long time becomes flat and destroys the flavor and appearance of the vegetables. Cooked green vegetables will improve thru the addition of one bay leaf to the quart of water.

Green vegetables which are to serve as a dish should be boiled as the above, and after ten minutes' boiling the first water should be poured off, then the butter or oil desired should be added, and a fresh supply which has been heated in another vessel may be slowly added to the quantity desired, at any event only enough to keep the vegetable from getting scorched. This process removes the poisonous acids which might otherwise prove injurious.

Vegetables matured on the ground, when to be used as a cooked dish, should be cooked in as little water as possible and be boiled quickly with a little oil to hasten the boiling point, the vessel always kept covered at the start. When getting done add rich cream, but do not allow to boil, simply to reach the heating point. Green parsley, finely cut, and wilted in hot butter for a minute or two, will add to the medicinal value of the cooked vegetables matured on the ground.

Vegetables which ripen beneath the surface should be used very sparingly and only during cold weather, as they contain largely soil substances not congenial to the health of man, particularly the higher organized as to functional arrangements. But even here we may find good use of them

when scientifically prepared and compounded with savories of diverse kinds and powdered herbs and roots.

Vegetables reaching maturity below the ground can be used in their raw state as quick operating eliminators, but can be used in small quantities only, owing to their largely poisonous acids. As foodstuffs they develop nutritive value largely thru roasting or baking in hot ashes or the oven. When to be boiled in their skins, or additionally wrapped skins, like corn and palm leaves, they must be boiled quickly and in soft water, or water lightly softened with borax, saleratus or soda, adding whole aromatic seeds to the boiling water in sufficient quantities of one to three pinches to the quart of water. If boiled with their peels pared off they should be boiled quickly and in just enough water to have them done the moment all water has boiled away. Then these vegetables should be thoroly mashed and prepared with cream or butter and put into an earthenware dish to bake in the oven for the purpose of dextrinizing, adding a sprinkle of cheese to cover the top of a dish one inch in depth, adding another sprinkle to each additional depth.

In boiling odorous vegetables, like onions, garlic, asparagus, cauliflower, etc., a very small quantity of cayenne pepper and a few sprigs of parsley put in the water will somewhat neutralize the disagreeable odor and, still more, keep the odor from spreading when all such vegetables are boiled in milk or buttermilk.

All vegetables intended for food should be strictly fresh, which condition is easily indicated when they break or snap crisply. Home-grown vegetables, such as lettuce, peas, beans, spinach, carrots, corn, etc., should be gathered in the morning when wet with dew. Vegetables are improved by being put in cold water before cooking.

Wilting savories and herbs should not be used until they have dried thoroly in the shade. As long as fresh ones are procurable do not use dried savories.

Once vegetables have wilted and cannot be redeemed thru the chilling process they should be discarded as food for man, as wilted vegetables will do more to impair peristaltic action than any other one thing.

The tops of beets, radishes, turnips, etc., should not be cast aside, as they make a fine vegetable dish. Cut fine and cooked in butter, with additional cream, flavored with parsley and mustard leaves, a combination of vegetable tops will prove an excellent eliminator of particular value to those suffering from fibroids, tumors and cancers.

Speaking of cooking vegetables, a wise man once said if you throw away water in which vegetables are boiled, you might as well put on green spectacles and eat shavings.

SPANISH BEANS.

Soak one quart of red beans over night, rinse, parboil for twenty minutes, pour off water, rinse, then add one quart of stewed tomatoes which have been well strained, four finely-cut onions, two or three green peppers cut lengthwise, with seeds removed, one-half of a cup of oil, one quart of water, boil until thoroly cooked; one hour before serving add one-half a cup of well washed rice. All to be salted well. (The peppers should be removed as soon as they are found done.)

SPANISH SWEET CORN.

Put green peppers in oven until slightly brown. Take from oven, cover tightly for five minutes. Remove skins and seeds, cut fine and add chopped green corn and tomatoes. Boil for three minutes and serve hot.

ASPARAGUS.

Put in boiling water with a little salt; drain off the water after boiling five minutes; pour on fresh boiling hot water and boil again for fifteen minutes. Add a little salt and olive oil. Serve with toast. The tops of asparagus should be a purple color, not green, to insure their being edible. This vegetable contains valuable salts and acids, and should be freely eaten. Discard woody or tough portion, as it is indigestible.

BEETS.

Use only the crisp red varieties. The large sugar beets are woody, and of little value except for the saccharine

matter which they contain. Boil whole, without cutting; then slice and serve with lemon juice, but not vinegar.

BAKED BEANS.

Wash the desired quantity of beans and soak over night in sufficient water to cover; in the morning drain them and boil in fresh water for fifteen minutes; pour off the water, put beans into an earthen crock, add one tablespoonful molasses, one teaspoonful mustard, one tablespoonful olive oil, a little salt, and sufficient water to cover. Put a lid on the crock and cook slowly all day in the oven. Add water occasionally until one hour before taking from the oven. Serve with catsup.

CABBAGE.

Do not boil cabbage. Boiled cabbage and sauerkraut are practically indigestible and should not be eaten. Make a cold slaw by slicing the cabbage fine; serve with or without lemon juice, not vinegar. Thick, sweet cream and lemon juice make a very palatable dressing. A small pinch of mustard may be added if desired.

SAUERKRAUT.

This concoction, particularly the liquid thereof, is of benefit in intestinal troubles when used in moderate quantities only periodically. It must be used in its raw state; never boiled. The brine of sauerkraut is a very powerful agent in liver troubles.

CAULIFLOWER.

Tie up the caulifloer in a coarse tarlatan and boil one to two hours in water to which has been added a little salt. Drain and lay in deep dish. Heat one cupful milk; add a little flour which has been previously creamed in a little cold milk, the beaten white of one egg, and a little salt. Boil a few minutes, stirring briskly. Take from the fire, add a little lemon juice, then pour over the cauliflower and serve.

CARROTS.

Select the ox-heart variety. Boil one hour, or until tender, then add the desired quantity of milk into which has been creamed a little flour. Boil five or ten minutes, then serve. It is better to use carrots for soups, as they have no special food value.

CELERY.

This vegetable is particularly valuable as a blood purifier. It aids in restoring depleted nerve forces, tones up the system, and its use is highly beneficial in cases of nervous prostration and kidney disorders. May be used to advantage in soups.

CORN TIMBALES.

Beat five eggs until light; add one-half teaspoonful salt, one tablespoonful oil, one cupful cracker-dust, and one pint green corn which has been grated from the cob. Pour into oiled timbale molds which have been dusted with finely-chopped parsley. Set in a baking pan of boiling water, cover with a sheet of oiled paper and cook in oven for twenty minutes. Serve with tomato sauce. Green corn on cob should be boiled for one hour, or, what is better, should be steamed in a steam cooker one to two hours. Do not serve with butter or animal fats; it is the cause of acute and dangerous stomach disorders.

GREEN CORN,

Particularly field corn, raw or boiled for three minutes, is an excellent regulator.

STUFFED TOMATOES.

Take fresh tomatoes, scoop out the middle, mash up fine and put thru colander. Put into bowl to make a stuffing by adding chopped nuts, onions, hard-boiled eggs, finely-cut parsley, flaked rice, salt and pepper to suit taste and stir into a paste. Then fill your tomatoes with the stuffing and bake. May be served without baking upon lettuce leaves garnished with cress and nasturtiums.

VEGETABLE DISH.

As in the mixed dish, you can make use of any canned vegetables and combining two or three, heating the cans before opening them, you can prepare ever so many nice dishes. Asparagus, mushrooms and green beans make an ideal combination, especially when served with mint or lettuce leaves sprinkled with green onions or celery.

MUSHROOM DELICACY.

Arrange in a buttered casserole alternate layers uncooked mushrooms, bits of butter, seasonings of salt and pepper, cream and fine buttered crumbs. Let the first layer be the buttered crumbs. Pour in a little more cream, cover and bake forty-five minutes. Uncover, brown slightly and serve from the dish.

CUCUMBERS

Are of value for salads, and should be used only when prepared as such. They contain no nutriment, but are very cooling to the blood when served with lemon juice, but not vinegar.

DANDELION.

Prepare same as spinach. Its blood-purifying properties are many.

BOILED ONIONS.

Peel onions and put in covered saucepan with cold water and boil one hour. When done, add one tablespoonful chopped parsley, and a little flour mixed with sweet milk; boil five minutes, then serve. Young or old onions may be used, as preferred.

SPINACH.

Wash desired quantity of spinach, boil for ten minutes; pour off the water; add fresh boiling water and boil for one hour, or until tender. Add a little salt, lemon juice, and olive oil to taste. Do not mix butter or other animal oils with spinach. It will, in many instances, cause severe de-

rangements of the stomach, and often cholera morbus. Spinach is a valuable blood purifier, and should be eaten whenever desired. Indispensible in cancer troubles.

STUFFED EGG PLANT.

Wash a good-sized egg plant, put in kettle, cover with boiling water, to which has been added a little salt, and boil twenty minutes. Cut lengthwise into halves and carefully take out the insides, leaving wall three-fourths of an inch in thickness. Mix the pulp just removed with one-fourth cupful cracker-dust, one-half cupful chopped or ground almonds, one tablespoonful olive oil, and a little salt. If the mixture is too dry, add a little milk. Fill the shells, heaping them up, sprinkle over a small quantity cracker-dust, put in baking dish, set in brisk oven and bake until top is nicely browned, then serve.

Egg plants may be cut in slices, soaked one hour in strong salt water, rolled in beaten egg and cracker-dust, fried in oil, then served. This vegetable has good food value and may be eaten at all times.

OYSTER PLANT.

After scraping, cut crosswise in thin slices; put in sufficient water to cover and stew until quite tender. Add a little milk, olive oil and salt. May be served with toast if desired.

POTATOES

Should be sparingly eaten; much better not at all. They are not healthful at best. If it is necessary to eat them, bake them in an oven until well done. Eat the entire potato; do not discard the peeling, as it is next to this that the nutriment lies. The sweet potato is the best variety.

STRING BEANS.

String, snap and wash two quarts beans; boil in plenty of water for fifteen minutes; drain, then pour over again two quarts boiling water. Boil one and one-half hours.

Add a little salt, two tablespoonfuls oil into which has been creamed two tablespoonfuls of flour, and one cupful sweet cream.

TOMATOES

Are valuable for their acids, which are very beneficial to the system. They should be stewed until well done, seeds strained out, a little oil, salt and milk added; then boil a few minutes before serving. It is well to use them in soups.

TURNIPS

If tender, may be used occasionally. They are better in soups, as the nutriment contained is very low.

MIXED DISH.

Take a can of peas and a can of asparagus. Put them in a pot of boiling water and heat for five to ten minutes. Open the cans and drain off the liquid from each. Put peas and asparagus into a bowl. Oil, pepper and salt to taste. Mix thoroly and serve on lettuce with parsley. If you boil half a dozen fresh young potatoes with their jackets on over a quick fire, adding a teaspoonsful of caraway or sweet fennel seeds, drain as soon as they are done; peel the potatoes and slice fine, mixing them with the peas and asparagus; this addition will improve the dish. Eaten with whole-wheat bread it will prove an ideal meal. The liquid remaining over from the vegetables will make body for soups or can be used with a little additional oil as an excellent purgative.

USE OF POTATO.

The only proper way to use a potato is to bake it in hot ashes, after having been washed and scrubbed thoroly in cold water. The soil upon which the fire is made must be clay, and the fire, wood. This is the only method in which the soil substance of the potato may be redeemed to food properties, and skin and pulp have to be eaten alike. Another way to redeem the potato, if boiling it must be boiled quickly and with jackets on, the water to contain a good dash of caraway or dill seeds.

POTATO SOUFFLE.

Select large potatoes and have all the same size, if possible. Bake until done. When done, cut each potato in two lengthwise and scoop out the inside with a spoon, being careful not to break the skins. Add to the potatoes a little salt and sufficient cream to make quite soft; beat until very light and smooth and refill the skins with this. Now place the potatoes in a pan and return to the oven to brown on top. The potatoes will puff up considerably if well beaten before refilling the skin.

BEANS.

All the numerous varieties of beans belong to the pulses. They are more or less rich in phosphates and salts in general, but are not considered highly organized. They are the poor man's food and cheaper than potatoes, because of the enormous amount of nutrition. Should be used sparingly except where one is manually engaged.

PEAS,

Like peas and lentils, are classed among the pulses, and are not considered good food for the intellectual and spiritual minded. Can be used to a great advantage in symposias and to give "body" to entree dishes.

ENDIVE

Belongs to the same class as lettuce. There are many varieties, as there are many varieties of lettuce, of which the head lettuce is the better for general use, while Roman lettuce proves of value to the scrofulous. Of endive, the solid variety is the better. Should be eaten without salt or dressings if to be of medicinal value to the kidneys and the bladder.

HEALTH RULES.

Eat only when absolutely hungry.

Do not eat an early breakfast or immediately after arising from a night's rest.

Always work for several hours before partaking of food.

Instead of drinking any water, a little juicy fruit may be taken in the morning. The fruit should be eaten very slowly and masticated until tasteless.

Never eat nuts or any other oily foods unless hungry.

Too many nuts and too much raw oil will cause eruptions of the skin, pimples, sores, blotches, etc., as will also too many sweet fruits, particularly the dried kinds. Eating too much cream, eggs, cheese and butter will produce the same effect.

When bowels get too loose, avoid fruits and vegetables and use nuts and grain preparations only. In case the looseness of the bowels causes aches and pains, use a little browned flour or make brown flour gravies, which are to be used with your meals.

Do not drink with your meals. If eating slowly and mixing solids with the saliva no drink will be required.

Never mix vegetables and fruits together at one meal. Keep them separate.

You can have grains, nuts and fruits at one meal and grains, nuts and vegetables at another meal.

Use nuts in very small quantities and use them rather regularly, combined with other foods.

Do not eat when served under rather unpleasant surroundings and a spirit of depression, nor food prepared by persons of a hasty and uncontrollable temperament, as the food, however pleasant to the palate, will be a detriment to the system.

Do not eat unless you have earned your meal, unless you are assured and certain you are entitled to the same.

DIETARY RULES.

When vegetables or too many sweet fruits are used at a meal something tart, sub-acid or even acid, like lemon, tomato, rhubarb, etc., should be used.

Concentrated foods, whether sun-produced or scientifically prepared, must be counterbalanced with foods containing eliminative, consequently waste tendencies, to insure regularity in action.

Remember that in eating quality, not quantity, is to be considered. The better the flavor, the finer and more delicate the taste and looks of the fruits, the less is required. The sweeter and more oily the nuts, the easier digestible. The more crisp and fresh the vegetables, the more eliminative and refreshing. The more recently the grain has been prepared, the fresher the flour, the drier the cereal, all the more nourishing it is, consequently less will be required, and the system will not run the risk of becoming clogged.

Whatever your ailment is, abstain from your usual foods entirely and do not take any food until hunger determines the kind. In every instance we should, in accordance to our trouble or temperament, make our choice from one or two of the following fruits or vegetables: Pineapple, apple, orange, lemon, grape, asparagus, celery, tomatoes, rhubarb, parsley, etc. We use only the juice, and reject the pulp.

For night work or evening study, use a few grapes, scraped apple with orange juice, oranges, tomatoes, seeded raisins sprinkled with fresh-ground almond meal, or sip lemonade without sweetening.

Children as well as adults must abstain from all solids when ailing, and only such fluids as fruit juices and herb decoctions administered to and only then when feeling the necessity of something substantial.

INVALIDS.

THEIR NEED TO CHANGE CLIMATE.

The idea of change of climate for the purpose of attaining to health both in body and mind has been cherished for thousands of years. Thus we find in the annals of Greece the renowned physicians advising their charges to retire to the islands, where in the presence of water and sky they might commune with the gods and confine themselves to the ambrosia and nectar administered by priestesses. The Egyptians sent their invalids of the North to temples situated in the extreme South and oftentimes to the lands beyond the Nile, that on a diet prescribed by the priests they might gain favor from the gods unto perfect health.

Change of climate was the counsel, but back of it all stood a more important thought. It was that of freedom from environment that had grown monotonous due to excessive living or lack of proper association. The object of change of climate is not merely change of scenery and the weight of air thru altitude, nor the dry or wet ozone of desert or ocean. The idea of change of climate is that of reversing one's selection of food from that of the local market of the North to that of the products of the tropics, and vice versa. If you cannot gain health in the North, go to the extreme South, but remember that you cannot take your broiled meats and potatoes with cream gravy with you. In the South you are to live upon the diverse products of that clime to induce a change in the operation of your organic functions. If you cannot eat the fruits, vegetation, nuts and herbs of the new country you will have to do without them until hunger will select what may appeal as the next best. Three weeks' time of change in diet will show decided improvement, at the same time teaching one the value of

selection and the proper amount of food necessary. Taking to diverse occupations and making a point to select one's food will hasten a cure for the body and quicken the mind. Returning to one's former association the intelligent mind never again returns to the ignorance of riotous living, but takes good care that food is only partaken of when hungry and only as much as is deemed proper.

The man in the South who is diseased in body and mind may not live up to the demands of the seasons and the products of his clime. If he does not he should make a change in his methods. Otherwise he is to go to the far North where the winds blow and foodstuffs grow sparingly; where the selection of food is poor and necessitates hunger to be willing to eat of the "garden weeds" as they slowly sprout under the sweat of the brow of the caretakers. Amidst the pines one is to seek berries and sorrels of all kinds, and with thankfulness masticate slowly the young corncobs. Five weeks will suffice to bring about the desired change. To keep warm exercise by chopping, cutting, scaling and snaking timber from the mountain sides, and instead of the bathtub rub your body with water of clear-flowing streams. Over a primitively built campfire roast your corn and bake your doughgods, and mind not when the charred wood drops into the water kettle and the frying pan, as even the ashes of the fire will add to the chemicalization and dextrinization of your food, teaching you a grander lesson than that recorded in encyclopædias of useful knowledge. Returning South you will revolutionize your household and thru increased activity and proper selection of food serve the cause of man—right living and right thinking thru good thought, good word and good deed.

Where one has not the good fortune to change climate the spirit of the times brings the two extremes in Nature and their products to us and places the blessings of heaven before our very doors. If living in the North, make it a point to live on tropical fruits and nuts, or vegetables and nuts, as the case may be, for at least three weeks and thereafter confining oneself little by little to products of the local market. At first such diet appears expensive, but not so when one realizes that the menu itself is limited to a rather small variety and then that no special preparation of these

foods is necessary, but that the patient can attend to himself. And again, as all of this is temporary only, like the taking of medicine, and, after all, cheaper than the latter and better, because it is delicious food one partakes of, the expense is very nominal, while pleasure and delight increase. Some day bottles, paper bags and powder chatules, etuis, capsules and boxes will disappear from the apothecary shops and the products of the tropics and semi-tropics take their place, where man may go and have his prescription filled by doctors of truly scientific renown; where instead of being doped in an ancestral way on concoctions that draw the nerves into a bundle of misery and unhappy grimaces, the invalid can sit down and with pleasure in his heart delight in a meal assuring ease of mind and relief to the body.

The drug shops in the South will not only keep medicinal fruits and the products of their own country, but also such products of the far North, prepared and put up so that pure-food labels would be offensive to the better class knowing that science stands for the absolute truth of things, administering only what is in accordance to the laws of perfect life. Return to Nature then will not mean to live in a hovel or to run about with unwashed feet and long, unkempt hair, but to partake in Nature's own laboratory of what the guiding hand of Providence has prepared for the delight of the children of man, and thus lead the faithful ones unto the inheritance of a Paradise most suitable unto God and His Associates to dwell therein.

The moral of it all, in short, is this: If sick in the North go South, to live on southern products or procure the products of the tropics; if living in the South and diseased, go North or procure the northern products, to subsist upon them until well, and thereafter confine yourself to the local market, eating only when hungry, eating all food with thanksgiving in your heart; masticate slowly and cease mixing too many varieties at a time, recognizing the fact that the truest guide is that of living within the range of the season, as every season brings forth its own kind, and that our stomach has two compartments demanding that every determined dish be partaken of one at a time to insure proper separation of acids and salts for furtherance unto perfect digestion.

A change of diet homogeneous to another clime necessarily suggests the air of distant scenes, and food partaken of in the spirit of recollection and concentration of thought prompts heartfelt thanksgiving unto the Bountiful Giver. Good Thought adds greatly to the mastication, digestion and assimilation of the remedial properties of the foods, retaining the life substance contained therein and thus assisting the weakened energies to resume their work in their cellular composition. It is for this reason that prayers or blessings were advised at meal time so as to promote the power of concentration and thus assist the mind to conduct or control the functional operations of the digestive organs.

What we say about change of climate should suffice the intelligent minded; still not enough can be said about change of diet, which means change in the selection of variety as well as change in preparation. The hands that prepare the food, the way the food is administered and the conditions of surrounding all have a great bearing and influence upon the negative mind, steeped in disease and error. One should experience change of heart, which is a requisite toward health. Become hopeful and confiding, trustful and tenacious, determined to make a change even at the sacrifice of acquired habits, notions and appetites which have done much to undermine our good health.

Furthermore, we should remember that water is absolutely valueless in case of disease, except for bathing and steam-baths, of which a person should have one a day as long as diseased, or bring the body into perspiration for at least half an hour daily, if not thru exercise then thru the use of herbs, as jaborandi, elder blossoms, camomile, etc. The healthy man not sufficiently engaged manually must have two sweat or vapor baths a week.

DIET FOR INVALIDS.

REJUVENATING FOODS

Are strawberries, blueberries, gooseberries, fresh grapes, fresh figs, tart apples, pineapples, pears, peaches, oranges, persimmons and grapefruit when combined with wheat, rolled, cracked or ground; also with rice and sago, almonds and pine nuts.

FOR GENERAL IMPROVEMENT

Of health and appearance select fresh milk smoothed with lemon or tomato juice, fresh buttermilk, skim milk, clabber, white of eggs, cottage cheese or cream cheese. Combine with mushrooms and wheat or rice, tart fruits and barley, rye or rice and sago. Fresh vegetables with nuts and grains of any kind.

FOR VITALITY AND MENTAL STRENGTH

Make selections in smaller quantities, combining two or three things for one meal, as follows: The white of eggs with grains, blanched almonds, apples or pears. Tomatoes, asparagus, spinach, combined with grains, particularly rice and milk, with or without lemon juice or tomato juice. Cauliflower, celery or raw cabbage eaten with grains and lemonade or white of eggs beaten with lemon juice. Grapes, oranges and pears with rice, sago or wheat and pine nuts.

FOR CURE OF CONSTIPATION

And to promote bowel action select apples, apricots, pears, small berries, tart fruits, plums and all fresh green vegetables—tomatoes, rhubarb and watercress. Combine one or more with raw peanuts or pine nuts. For drink use butter-

milk or fruit juices, also cream thinned down with three to four parts of filtered water. Avoid cooked foods as much as possible, particularly cereals, toast and hot milk. Abstain from dairy foods in general, acid fruits, blue and red grapes, stimulants, cocoa, herbs and vinegar.

FOR MORAL STRENGTH

And sweet temper confine yourself to fresh berries, apples, grapes, oranges, tomatoes, melons, squashes, green vegetables, rice, sago and wheat, pine nuts, walnuts, chestnuts and filberts. Use foods in a cold state rather than prepared. Do not eat or drink hot dishes.

FATTENING FOODS.

Vegetables with savories and oils when combined with eggs, grains, cakes and sweets. Fruits, particularly preserved, jams and jellies, when combined with grains, rice, sago, hominy, oils, butter and cream, fruits being spiced. Grains, particularly corn and wheat, when combined with figs, dates, prunes, peanuts, pine nuts, filberts and additional cream. Chew grain frequently until all taste is gone and expel the pulp. Eat plenty of fruit and keep bowels open. Never worry. Entertain no ideas unless absolutely necessary. Take cold sponge baths and rub body with oils and spices.

THINNING FOODS.

Green vegetables with lemon and tomato juice; buttermilk, white of eggs with lemon, lemonades without sweetening, acid fruits with cracked wheat and rolled oats or flaked rice, milk with lemon and pineapple juice, cheese and lemon juice eaten with wheat preparations, acid fruits for breakfast and sweet fruits with lemon or persimmon juices at night, rhubarb, spinach, white of egg and rice. Bathe much, take alcohol and cornstarch rubs.

FOODS PROMOTING IMMORAL AND SEX TROUBLES.

Tea, coffee, cocoa, alcoholic drinks, tobacco, kumyss, clabber, oats, manufactured cheese, eggs, pastry, cakes, sodas, spices, savories, also potatoes and peanuts if wrongly

combined. Avoid large gatherings, political and theatrical meetings, etc., until able to control.

TO ELIMINATE SEX TROUBLES

Confine yourself to a simple diet of two or three things at a time from the following: Small fresh berries, apples, pears, grapes, oranges, pomegranates, lemons, melons, squash, tomatoes, rhubarb, celery, lettuce, watercress, green onions, cabbage, fresh corn, pearl and unpolished barley, unpolished rice, whole wheat, rolled, cracked or ground, dried bread, pine nuts and cocoanuts. Eat sparingly and leave the table still hungry. Take many walks in very cold weather.

HEART TROUBLES

Are the result of a torpid liver. To overcome these troubles abstain from an excessive use of fatty, rich, starchy, sweet foods, eggs, cream, chocolate, stimulants, and use more juicy fruits, but no water. Eat more fruit combined with nut creams, sun-dried bread, fresh greens, dandelion, water-pepper, mustard leaves, cress, tart apples, lemons, tomatoes, rhubarb, rice, macaroni, cottage cheese, buttermilk, clabber.

NERVOUSNESS

Is induced by the use of drinks with meals and the use of bread and butter with tea or coffee; cakes with cocoa or chocolate; puddings and custards, pies and pastries excessively spiced and used with ices and lemonades. Avoid all this and confine yourself to very slow eating, selecting foods as in case of indigestion, confining yourself to two meals and abstain from social dinners.

INDIGESTION AND DYSPEPSIA

Will be easily overcome by avoiding drinks with meals. Abstain from the use of soups and cereals unless cooked for hours. Use no dairy foods, no oils, and nuts sparingly and only when combined with fruits. Select from the following: Apples, oranges, pears, peaches, pomegranates, cranberries, cherries, citron, ginger fruit, green grapes, fresh

figs, ripe olives, asparagus, cauliflower, horseradish, green corn, beans and peas, pumpkin, squash, rhubarb, spinach, turnips, gluten preparations as macaroni, spaghetti, sub-acid berries, parsnips, almonds and pine nuts in the form of creams. Eat raw or prepared. Do not eat anything that nauseates you or disagrees with you.

IN LUNG OR PULMONARY TROUBLES,

Coughs, colds, catarrhs, bronchial affections, abstain from all dairy foods, eggs, stone fruits, including blue grapes.

KIDNEY TROUBLES.

Abstain principally from eggs, water, oats, rye, rice, pears, plums, walnuts, Brazil nuts, chestnuts, pulses, dried fruits. Confine yourself mostly to solid foods in their raw state, using freely skimmed milk and cream thinned with lemon juice or orange juice, pine nut creams, fresh fruits, gruels boiled for four or more hours, green vegetables.

MENTAL OR INTELLECTUAL FOODS

For students, masters, virtuosos, artists, geniuses, and all those in search of spiritual knowledge. First live so as to eliminate all morbid substances from the system, adhere to simple diet and by prayer and fasting gain that station in life where the selection of food becomes limited yet most gratifying in your pursuit after knowledge. Confine yourself principally to the use of almonds, raisins, oranges, lemons, transparent grapes, raw grains, by masticating them thoroly, expelling the pulp as soon as absolutely tasteless. Use vegetables only in season, as nature produces them according to climatic conditions. Eat apples freely Deviate from regular diet only periodically with change of seasons. Abstain from dairy foods except when absolutely necessary to counteract certain tendencies. Do not eat unless you can do so with pleasure and attention to the food and its value to your system.

RAW FOOD.

Mazdaznan is too broad, too liberal, to be partial, and does not condemn cooked, baked, roasted or prepared foods, although it does hold to economy in all departments of life. Mazdaznan favors raw foods wherever available and whenever in season and adaptable to the climate. Much will depend upon the individual's temperament and knowledge of selection. Cooking, baking and roasting do not destroy the life principle of the vegetation, but they change its soil properties, consequently the salts and acids, to such an extent that almost twice the quantity of cooked food becomes necessary to get the same results that raw food insures. The exclusive use of cooked foods is detrimental because of the excessive amount of food impossible for the system to assimilate. Partly cooked and prepared foods during the colder season are commendable. Raw foods can be prepared more daintily, more elaborately decorative and more appetizing than otherwise, and by a little experimenting hundreds of dishes can be prepared to meet everybody's demands, requirements and tastes.

Mazdaznan favors simplicity, economy and holds that a rapidly progressing individual outgrows readily and easily all of the complications in food matters, leaning more and more to the simple foods as nature furnishes them, selecting as necessity demands and with as little preparation as possible. In the following pages we shall give just a few recipes which will be suggestive of many combinations suitable to the individual's demands and needs. A little practice will develop a gift for limitless combinations.

GENERAL FOOD RULES.

GRAINS.

Rolled grains, broken, cracked, ground (coarse or fine), may be soaked in water or milk and made into cakes or loaves, crackers, gruels, etc.

CEREALS.

Rolled, cracked and flaked grains, including rice, sago, tapioca, pulses as beans, peas, lentils, when combined with grains, may be mixed with fruits and nuts or vegetables and dairly foods and nuts. In combining with fruits, spices may be used, but combining with vegetables savories only should be admitted.

NUTS.

Combine with any dish. Grapefruit, oranges, pineapples and lemons are most desirable fruits for nut creams, allowing dairy cream. Tomatoes, rhubarb, sorrel and other tart vegetables agree well with nuts and make up fine nut creams, allowing dairy creams. Use nuts sparingly, but regularly with your meals.

GREEN VEGETABLES.

Such as beans, peas, cucumbers, egg plant, spinach, etc., after they are sliced or cut fine, should be thoroly salted and allowed to remain in salt for one-half hour, and then washed quickly in cold water. Any vegetable combines with nuts, grains and dairy products. Water should not be used with vegetables.

FRUITS.

Any fruit will combine with nuts and grain and in some instances with dairy foods. Care should be taken in never combining water with fruits when living upon raw foods.

DAIRY FOODS.

In raw food diet for health purposes dairy foods are permissible, although the frequent use of same cannot be recommended. They prove a good "means to an end," particularly where we are outgrowing the flesh-eating and partly the habitual cooked food dietary.

Milk, cream, butter and cheese may be used. Also eggs can be used to advantage. Nut creams will prove more beneficial than dairy creams, altho the latter when combined with the former and small quantities of grain or fruit will often prove of inestimable value until we have learned more by close observation. Dairy foods in a raw food diet should not be mixed. Only one kind should be used to combine with grains, fruits and nuts, or vegetables, nuts and grains. Do not use eggs and milk at the same time, nor butter or cheese with eggs when on a raw diet. When using dairy products, acid, sub-acid or tart fruits or vegetables should be combined with a meal. In the following pages we shall give a few combinations that will enable us to make proper selection.

WATER.

This element is an excellent food, most economical, but not always advisable, and is better in its distilled form as nature supplies it in the form of vegetables and fruits. A better water than this and a more wholesome will not be found even though the artificial means may be ever so costly and ingeniously constructed. If your system needs fluids resort to juicy fruits. In eating scrape the fruit with your front teeth. Masticate thoroly, mixing it with saliva. This will prove of greater medicinal value and remove more troubles in one day than all the sciences combined shall be able to accomplish in centuries. Never use water with fruits or vegetables.

The Raw Foodist must be particularly careful with water, and never use it with his meals except when living on bread or cereals. Where fruits or vegetables are used with meal, discard water.

BEVERAGES AND DRINKS.

HEALTH DRINK.

Take one dozen each of Italian chestnuts and dates. Grind it all fine and pour a pint of sweet milk over it. Set aside for an hour. Strain before using. If left over night grind the nuts coarse. Used with malted grains and a few raw peanuts it will bring about the desired effect. An excellent morning drink.

MORNING DRINK.

At night before retiring to bed take three figs, two dates, two tablespoonfuls of raw peanuts with the brown skin, six chestnuts peeled, but with brown skin adhering. Grind or chop them all together. Pour over the mixture either water or sweet milk. Stir it before setting aside. In the morning strain thru flannel cloth and drink any desired quantity. It is mildly laxative.

POPPY DRINK.

Grind fine two tablespoonfuls of poppy seeds and add to one cupful of water or milk. Set aside in porcelain or earthenware dish for an hour or more. This makes a nice drink before retiring, also a fine drink at any time. The poppy seeds must not be fresh.

FOOD DRINK.

Take a cupful of sweet milk and beat it quickly, add the juice of half a lemon, pouring juice slowly. Fine summer drink and is good for invalids. May be used moderately in winter.

EGG DRINK.

Take the whites of two eggs. Beat until frothy. Gradually beat into it one-half cup of cream and lastly the juice

of half a lemon. Used with a few nuts and a tablespoonful of raw wheat it will prove nourishing.

HOME BUTTERMILK.

Make your own buttermilk, a drink most desirable for convalescents. It is refreshing and cooling in winter and occasionally in summer. Take one pint of milk, stir it continuously while dropping little by little the juice of one lemon. In beating vigorously, the milk, although curdling, will be smooth. You can flavor with any fruit juice.

COLD TEA OR COFFEE.

Take unroasted, sun-dried coffee berries, grind them fine and to every cupful of water use one tablespoonful. Set aside for half an hour or more. Strain thru cheesecloth or flannel. May be used with cream for medicinal purposes with good results.

In preparing Russian or Oriental tea in general proceed the same as with coffee. Take two teaspoonfuls of tea to one-half cupful of water. Set aside for thirty minutes. Add any desired quantity of water, milk or cream, and strain immediately thereafter. Tea or coffee may be soaked in milk if desired.

COCOANUT DRINKS.

Take the milk of cocoanut and dilute with an equal quantity of water or sweet milk and pour over two tablespoonfuls of finely-ground blanched peanuts. Set aside for several hours or over night. In the morning strain it well. Drink it freely. Instead of cocoanut milk grate fresh cocoanut fine and pour enough of lemon juice over it to cover well. Set aside for hours. Then mash it all fine and add any desired quantity of water, straining it several times. It is very wholesome and may be used with milk instead of water.

BARLEY JOY.

Grind coarse two cupfuls of barley, add one cupful oatmeal and two quarts of water or sweet milk. Allow to stand for three hours before using.

BREAD.

DAILY BREAD.

Take one cupful of whole wheat and run it thru a grinder coarsely. Next grind one-half cupful of raw peanuts and one-fourth cupful of pitted dried prunes. Cream peanuts and prunes with the flour separately, then mix these together and eat dry. Will aid in regular habits and cure ailments of the bowels if eaten daily for several weeks alternated with some of the following dishes. Use at one meal a day only.

SUN-BAKED BREAD.

Take coarse ground flour, moisten it with a little oil and more water, use very little or no salt, or salt the oil before adding it to the flour. Knead and beat the dough in a shady place. While beating add, or better still, spray water over the dough gradually. When light in consistency, make into thin layers the size of wafers. Heat some iron plates or pans in the sun and spread upon them oiled paper and on that put the cakes. Set out in the scorching sun and let them bake all day. This bread will keep almost indefinitely if kept in tins and in a dry place. Should the layers ever become soft immediately rebake them. Eaten with fruit this bread not only acts on the bowels, but is one of the best remedial agents to cure constipation. Soft boiled eggs may be used in connection with this bread to hasten a cure. Raw peanuts ground into the flour will prove good results, while "lungers" ought to add pine nuts. Hard working people should use Brazil nuts or chestnuts with this bread. Brain workers will fare best by adding almonds and raisins to the bread.

FORCE BREAD.

Grind in a mill one-half cupful of whole wheat, one teaspoonful each of pearl barley and rye. Mix with two table-

spoonfuls of raw peanuts and one tablespoonful of pine or Brazil nuts; add one-half cupful of dried apples. Moisten with unfermented apple juice. Form into small cakes and expose to the hot sun for half an hour. Eat slowly and masticate thoroly. Use no drink with this bread.

PROMOTION BREAD.

Soak barley in enough water to cover. Let it soak until the glume begins to rise, which requires from twelve to thirty-six hours in accordance to temperature. Pour off water, if any present. Set out dish into strong sunlight and where the breeze will fan it. Spread out the barley on paper so as to dry quickly. Now grind it and add an equal quantity of raw peanuts. After thoro mixing add enough rice flour to make it roll into little balls which are to be dipped into the white of an egg beaten with some lemon juice, orange or pineapple; smooth with rice flour and make a meal of it with additional fruit, small or seed fruits, which should be tart. Eaten two to three times a week, making a meal of it, will prove beneficial.

NUT BREAD.

Grind coarse one-half cupful blanched almonds, one tablespoonful walnuts, two tablespoonfuls pine nuts. Add one-half cupful flaked oats (or wheat, barley, rice, corn, peas, beans, or lentils). Mix it all thoroly and moisten with milk, water or fruit juices. Spread in a thin layer. Sprinkle the top with St. John's bread flour or chestnut flour and expose to the heat of the sunlight for at least one hour. May be eaten with grapefruit or tomatoes.

POPPY BREAD.

Take one-half cupful of poppy seeds, two figs, one date, three pods of St. John's (locust) bread, one cupful chestnuts. Grind them all together. Mix with two tablespoonfuls rice flour. Moisten with any fruit juice, cream or white of eggs. Roll out until stiff. Pat in rice flour and allow to dry in the sun.

CHESTNUT BREAD.

One pound finely-ground chestnuts, two tablespoonfuls ground peanuts, one pound flaked rice moistened with milk to make into loaves. Set out in the sun for an hour. Cut into slices and serve with fruit or vegetables.

HEALTH BREAD.

Two cupfuls of flaked wheat, one cupful of whole-wheat flour, one-half cupful of finely-ground rice and two cupfuls of finely-grated cocoanut. Mix and moisten with water into which you have beaten the white of an egg. Add the water slowly, mixing well. Make it a light substance. Roll it out with rice flour. If you want to keep the bread for any length of time, roll the dough out very thin with a rolling pin. Cut it into long, narrow strips. Let these strips dry. Put away in oiled paper bags. Will keep indefinitly. If you wish, you may use the yolks of eggs as well, but use little or no water. Eaten with fruit juices or cream this bread will prove very palatable.

BARLEY JOY LOAF.

Grind coarse two cupfuls of pearl barley and one cupful of whole wheat kernel; mix thoroly, adding two cupfuls of sweet milk. Knead quickly and roll out into thin layer with rolling pin. Set out into the sun to dry. Will prove very palatable if baked on soapstone or copper covered with thin glass.

HONEY BREAD.

One cupful of coarsely ground wheat, ½ cupful each of finely chopped figs and prunes, two well beaten bananas, and lastly one-half cupful honey. Roll out into layers of one-quarter-inch thickness. Slice into finger breadth strips and put out into sun to bake. May be put into electric oven to dry. Will keep. Fine for constipatives.

CEREALS.

WHEAT DISH.

Pick over a cupful of wheat grain and pour enough water over same to cover it well. Let it stand for four or more hours. Add two tablespoonfuls finely-ground raw peanuts and one cupful scraped apples. Mix them thoroly and eat slowly. Very nutritious and highly palatable.

ROLLED OATS.

Soak one-half cupful rolled oats in one cupful any fruit juice (except lemon) for fifteen minutes and sprinkle with almond meal.

GRAPE GRAIN.

The juice of grapes mixed with cracked or rolled wheat is the most palatable and easily-digested food. Use fruit juices two-thirds to one-third the quantity of grain.

WHEAT DISH.

Soak for half an hour one cupful cracked wheat in two cupfuls milk. Add a little pineapple to flavor and sprinkle blanched almonds or pine nuts over it. Serve with apple souffle.

MUSH.

Take one cupful of rolled oats and spread in a large bowl. Over this put a layer of sliced pineapple, a very thin layer of rolled wheat, a layer of one cupful of mixed nuts, well chopped or ground, another layer of pineapple. Pour over the whole the juice of three oranges. Set aside for an hour and serve with milk or cream.

CAKES.

CAKE.

Take one-half cupful of wheat and soak in one cupful of water for six hours. Then mash the wheat as fine as possible, add to it twelve blanched almonds, chopped, one tablespoonful of pine nuts and one tablespoonful of pecans, finely ground; two tablespoonfuls of seeded raisins, cut with scissors. Mix thoroly and spread on a dish to the thickness of half an inch. Cover it with the frothing of one egg and pour the milk of a cocoanut over it.

SHORT CAKE.

Soak the rolled wheat of one cupful in enough water to cover for about one hour. Instead of water, fruit juices may be used for soaking. Put a thin layer on plate and spread your fruit upon it. May be eaten with cream.

FRUIT CAKE.

Take five tablespoonfuls of seeded raisins, two tablespoonfuls of cleaned currants, one tablespoonful each of figs, citron, dates and ginger fruit; chop well and mix thoroly. Add three tablespoonfuls of pine nuts, two tablespoonfuls of blanched almonds, chopped very fine, four tablespoonfuls of well-grated cocoanut. Cream three tablespoonfuls of butter with two tablespoonfuls of whole-wheat flour. Pour over it all one-half cupful of orange juice and two tablespoonfuls of lemon juice. Knead into it two tablespoonfuls of rice flour and work it well, adding the whites of four eggs, well beaten. Roll it out on chestnut flour. Cut into squares and dry it in the sun. Serve with whipped cream or nut cream.

CREAMS AND DRESSINGS.

NUT CREAM.

Three tablespoonfuls of pine nuts, six blanched almonds, four walnuts, one Brazil nut. Grind fine. Add enough lemon juice to make a cream and let stand for four hours, or over night, before using. This cream may be used in connection with any fruit or vegetable salad.

NUTOL CREAM.

Two Brazil nuts, five filberts, nine pecans; grind fine; add one teaspoonful of almond oil; use as much lemon juice as needed to make a cream and set aside for four hours or more before using.

PINE NUT.

One-half cupful of pine nuts, and one Brazil nut, ground fine. Add lemon juice or lemon and orange juice to make into a cream. Beat thoroly until smooth and set aside.

ORANGE CREAM.

One cupful of pine nuts, ten pecans, grind fine; mix with plenty of orange juice and work it smooth.

PINEAPPLE CREAM.

Six Brazil nuts, twelve pecans, one-half cupful pine nuts. Grind fine. Use as much pineapple juice as necessary to make a thick paste and thin down with grape or orange juice.

APPLE CREAM.

Cut and grind two apples and mash smooth with the juice of one lemon. Grind one-half cupful of pine nuts and add to

the above. Keep beating until creamy. Set aside or use immediately, by adding sweet cream with spice flavor to suit taste.

SWEET CREAM.

Take one tablespoonful pine nuts, one teaspoonful pecans, grind fine and smooth out with one cupful of rich cream. Set aside for half an hour. If desired, beat into same one teaspoonful of lemon juice.

POPPY CREAM.

Take one tablespoonful each of poppy seeds, pecans and filberts; grind fine; pour over it one cupful of cream. Beat it well. Set aside for any desired time before using. Can be used with grains, fruits or vegetables. Flavored with fresh pineapple or orange juice it will prove very desirable.

DECIMAYONNAISE.

One yolk of an egg beaten thoroly in a cold dish. Add two tablespoonfuls of olive oil cooled with ice. Keep beating vigorously and adding one-half teaspoonful of mustard, a good pinch of celery salt, a speck of cayenne pepper, and lastly two tablespoonfuls of lemon juice. It takes ten minutes of quick work to make it smooth.

OIL DRESSING.

Take one tablespoonful of oil. Beat it in a cold dish; add to it the yolk of an egg well beaten. Beat together until creamed. Then beat into it one tablespoonful of lemon juice, a pinch of mustard, dash of cayenne pepper and salt.

AMINA.

Mash fine two apples and grind up two tablespoonfuls of raisins or pecans. Work smooth. Sweeten with a little honey and add, just before using, a pinch of fresh ground cinnamon. May be thinned down with rich cream if desired.

EGGS.

We cannot and do not classify eggs among vegetarian foods. They are not a product of vegetables nor a bi-product. Eggs are one of the permissible things. They may be used without any particular scruples. When used as food one should always use good judgment. At any rate they should be resorted to only in their season and in cases of emergency.

With nuts and grain, eggs will prove an ideal food, particularly the whites. The yolks may be used with milks and creams and can be utilized in the preparation of dressings for vegetable salads or milk soups. When using eggs frequently use quantities of green and sub-acid vegetables.

YOKOHAMA EGGS.

Take the yolks of two eggs. Beat until foaming. Salt a trifle. Now pour, drop by drop, the juice of one lemon. Flavor with a pinch of saffron. Eat with rice soaked in milk.

YOULKA EGG.

Take the yolks of two eggs. Beat for five minutes. Stir into it one pint of sweet milk, dash of salt. Keep beating for five more minutes. Flavor with pineapple or any other juice. Combines with St. John's bread.

BEULAH EGG.

Beat into a froth the whites of two eggs. Add slowly the juice of half a lemon. Keep beating for a few minutes. Combines with nuts, rice and fruits with good results. Do not use milk with such a meal.

SULTANA EGG.

Froth the whites of two eggs. Beat them into two finely-scraped apples. Beat until smooth and white. Add one cupful of cocoanut milk and one tablespoonful of finely-ground cocoanut. Flavor with vanilla and cinnamon water. Eat with flaked rice.

SALADS.

VEGETABLE SALAD.

Take two raw beets, one raw turnip and one raw carrot and grate or grind moderately fine. Mix thoroly, adding two teaspoonfuls of ground pinon nuts or walnuts. Use lemon juice to season. Salt to taste. Serve upon selected raw cabbage leaves trimmed with celery. Any of the dressings may be used if desired.

ROYAL SALAD.

Grind or grate raw beets, carrots, onions and turnips, two of each, or cut fine; double the quantity of raw cabbage. Mix it all together. Salt to taste. Sprinkle well with celery seeds. Season with lemon; add two tablespoonfuls of oil; mix thoroly. Serve with whites of two eggs thoroly beaten with lemon juice, one lemon to the whites of two eggs.

FRUTA SALAD.

Cut fine with scissors fifteen seeded raisins, three prunes and one fig, and spread over one-half cupful of mashed malted barley, rolled oats or wheat. Pour over it one-half cupful of nut cream and let it stand for fifteen minutes before serving.

DELICIA SALAD.

Slice one apple, two bananas and three prunes. Spread over one-half cupful of soaked grain of any kind and serve with nut cream.

VEGEFRUIT.

Slice two tomatoes, one small onion, the tops of green onions, one tablespoonful of finely-chopped parsley, a pinch

of celery seeds, one tablespoonful of finely-ground Brazil nuts, one tablespoonful of olive oil. Serve upon lettuce leaves with Cream Mayonnaise.

JARAH.

One sliced pear, twelve grapes, one orange, one tablespoonful each of finely-ground walnuts and pine nuts. Serve with flaked rice in an orange peel, using nut cream, if desired.

FIG SALAD.

Six figs, one date and two sweet prunes, finely chopped. Add two tablespoonfuls of finely-ground St. John's bread (locust fruit), and the juice of two persimmons. Served with flaked tapioca and rice makes a meal.

VEGETABLE SALAD.

Cut fine one head of lettuce, two onions, two tomatoes. Chop up one cupful of fresh sweet peas and two tablespoonfuls of peanuts. Serve on lettuce leaves covered with parsley and Decimayonnaise.

SALSIFY SALAD.

Take two roots of salsify (oyster plant), scrape, holding same under water; slice thin and salt it thoroly. Let stand in salt for half an hour. Shake thoroly for a few minutes; drain off salt water. Throw the slices thru cold water two or three times quickly. Take cabbage or lettuce, shred very fine and spread upon platter. Over this spread bleached celery, finely cut or split, and on top of that put a layer of the above prepared salsify. Sprinkle with paprika or a little cayenne pepper. And cover with Decimayonnaise.

RAW SALAD.

Raw spinach and watercress in equal proportions and a small bunch of parsley all chopped together and served with mayonnaise or French dressing on shredded lettuce.

CUCUMBER SALAD.

Peel and cut crosswise into very thin slices four medium-sized green cucumbers; lay into large bowl and mix thoroly with one teacupful salt. Cover and let stand one hour, then wash quickly in two waters to remove salt. Mix two tablespoonfuls lemon juice with one cupful thick, sweet cream and pour over the sliced cucumbers. The soaking of cucumbers in salt for one hour effectually removes the poisonous acids which so frequently cause cholera morbus. Serve cucumbers on lettuce leaves garnished with cress and parsley.

LETTUCE SALAD.

Wash and break the leaves from two large lettuce heads. Lay in a platter and pour over suitable dressing. Garnish with sliced tomatoes and finely-chopped onion tops.

FRENCH FRUIT SALAD.

Peel and slice thinly two navel oranges; add same amount of sliced pineapple and three tablespoonfuls finely-chopped almonds. Serve with mayonnaise dressing, fruit juices or whipped cream.

POTATO SALAD.

Slice fine two raw potatoes, one small turnip, a carrot, two onions, one cucumber. Add one beet, finely grated, three tablespoonfuls of oil, a pinch of celery seeds and the juice of two lemons. Mix it well and serve on lettuce leaves garnished with plenty of parsley.

ONION SALAD.

Slice fine two onions, one small bunch of radishes, one turnip, and mix well. Add two tablespoonfuls of finely-ground peanuts and a little oil with lime juice. Serve on large cabbage leaves sprinkled with celery leaves and pinch of savory.

SOUPS.

GRAIN-TOMATO SOUP.

Take two fresh tomatoes, mash them thru colander and pour the juice gradually into a bowl containing one cupful of milk. Pour the whole over a bowl containing crushed rice or rolled wheat.

ONION SOUP.

Grind fine two onions and press out all the juice. Add to it four finely-sliced tomatoes, two tablespoonfuls of finely ground pine nuts, and the beaten white of an egg. Eat with any grain.

MILK SOUP.

Soak for an hour one cupful of flaked rice in one pint of milk, a pinch of salt. When ready for use add a cupful of tomato juice and celery salt. Sliced carrots with walnuts, served on lettuce with cress, will make an ideal meal.

GARLIC SOUP.

Grate one clove of garlic into one pint of sweet milk, add two tablespoonfuls of blanched raw peanuts, finely ground. Let it all stand for one-half hour or more. Strain it thru a sieve and pour upon flaked corn. Season with a pinch of salt and a dash of cayenne pepper or curry.

Instead of corn any of the flaked cereals or pulses may be used. For good results it is best to put a small quantity of the flakes in a colander and pour the milk soup over it two or three times. Then put flakes into plate and lastly the soup over it. This will make the flakes fluffy.

CEREAL SOUP.

Take a cupful of any kind of rolled or crushed grain or cereal. Pour enough water or sweet milk over it to more than cover it. Let it stand for two or more hours. Take juice of fruits or a quantity of finely chopped vegetables to flavor with. Now thin it down with as much milk as desirable to make it a soup. Before serving add a dash of cayenne pepper, celery salt and salt to suit taste.

Do not mix fruits with vegetables if you desire good results.

CELERY SOUP.

Take a cupful of finely chopped and bruised celery, and the juice of one onion. Pour one pint of milk over it while stirring and let it stand for several hours. Now take a cupful of rice flakes or flaked peas, put them into colander and pour well salted cold water over them three or four times, using the same water again and again. Now put as much of the flakes into soup bowl, adding a little parsley and pour the soup on it. Season with celery salt or cayenne pepper.

NUT SOUP.

One cupful of ground chestnuts, and one-half cupful of finely ground raw peanuts. Pour over it a little more than to cover with either milk or any desired fruit or vegetable juice. Let it stand for an hour or more. Now thin down to the consistency of soup with either sweet milk or buttermilk. (Buttermilk during summer season preferred.) Have the soup bowls rubbed with garlic. Put in the flaked rice, or any other cereal you like, as oatmeal flakes, rolled wheat, crushed barley. Season with a dash of nutmeg and cayenne pepper.

AN ENDLESS VARIETY OF SOUPS

may be made by using different kinds of nuts to make stock with and the juices of vegetables, except rhubarb and tomatoes, which should be added when served and not allowed to stand.

IMPORTANT HINTS.

Whenever fruit juices are used in a soup it is well to use nutmeg, mace or other spices to give it a mild flavor.

When using vegetables it is best to rub the soup plate with a little garlic.

The beaten white of egg stirred thoroly into the soup just before serving will make it more palatable, and very nourishing.

Use up the well beaten yolk of eggs in nut creams, sauces or dressings.

Soak bay leaves in water for several hours and use the liquids for flavoring soups.

Finely chopped parsley also plays an important part in soup-making.

To have good results in preparing raw foods, it is well to first decide upon a menu. Then prepare stock for your soup. If you desire to serve consomme or bouillon you can use the dregs of your soup as a base for your symposia by simply adding such nuts and grain flakes as you prefer.

Always prepare the things required for salad beforehand so that "leavings" may be used in symposia.

If you have white of eggs for which you have no use beat them and add to the soup just before serving.

If yolk of eggs are left over use them in either symposias or nut creams.

All nut creams, sauces and dressings should be thinned down with sweet cream just before serving.

In raw food dinners the juice of pineapples, lemons and oranges may be used for flavoring when vegetables, grains and nuts are to be the body of meals.

When fruits, cereals and nuts are decided upon for a meal, the juice of garlic, onion or rhubarb may be used. Use no savories with fruits. Confine yourself to spices and other flavors.

Small fruits like strawberries, blueberries, raspberries, currants and gooseberries may be used with either a vegetable or fruit meal.

Remember, that the body, to keep it in good humor, needs change in diet, not only in accordance with the season, but it calls for even more frequent change.

SEASONABLE AND ECONOMIC STUDIES.

In arranging a menu we should bear in mind that we must be governed by the products of the seasons and as furnished by the home market.

The home products of the season must be the principal part for a menu and make up the deficient part out of grains or cereals and dairy foods. Thus, if springtime furnishes us asparagus, dandelions, lettuce, radishes, watercress, green onions, mushrooms and spinach we make up our menu accordingly, and use just enough of grains or cereals, pulses and nuts as are needed to make a palatable meal.

In winter we use largely grain and such vegetables and fruits as are hardy enough to withstand decay. Nuts are used in large quantities with the grains. Anything raised in hot-houses should be used for garnishing only and eaten only to that extent.

In summer time no nuts, grains or cereals should be used, if possible, as fresh corn and potatoes will take their place.

In autumn we should make use of all the perishable fruits, using grains sparingly and nuts only for a tonic.

Soup, symposia and salad are the three principal dishes and sufficient for an ordinary dinner.

Vegetable salads, as well as fruit salads, should be made of fresh or raw articles. Nuts should be used for dressings only.

Beets, carrots, turnips, etc., should be *grated,* never chopped.

Apples and pears should be grated, too, and soaked in orange, pineapple or other fruit juices, served with whipped cream.

All other fruits and vegetables should be chopped in a bowl.

Lettuce and parsley should be cut fine with scissors.

Only when fruits or vegetables are intended for soup or symposias they should be chopped in a grinder.

A meal consisting of three principal dishes, to which attention and care has been given, will give more satisfaction than an elaborate spread.

Two meals is all that a mature person requires, one of which is to be the principal meal with attention and good selection.

Lunches should be very plain, as the dinner will then be the more appreciated.

Have a good line of savories, spices and flavors, and use them in their proper way.

Never use tinware in your kitchen; keep only enameled porcelain, aluminum and stoneware.

Table setting during springtime should be of red decorations, in summertime the settings should be of bluish tint. The autumn table setting should consist largely of yellow and golden. The winter season calls for pure white with a suggestion of green.

Use no cut flowers on tables, as they suggest sickness and funerals; use potted plants and fruit decorations.

Pulses and mushrooms are used to build up an impoverished system, but care must be taken not to use them as a regular food, but simply as a change of diet for ten days at a time, and until the desired result has been attained. The same is true of a fruit diet or an exclusive vegetable diet.

FURTHER INFORMATION

you will find in the monthly magazine THE MAZDAZNAN. It makes it a point to call your attention to the change of seasons and gives hints for every ensuing month. Tells you how to make your selection of food and how to conduct yourself otherwise in order to obtain the best results. The object of the magazine is to act as a *reminder* for the reason that it is not knowledge we lack, but the need of being reminded of our requirements.

THE MAZDAZNAN takes up the dietary questions and calls attention to the medicinal value of certain vegetables in their respective seasons in order to obtain the magic results for which they have been intended by nature for our good. Bear in mind that there is a time of feasting and a time of fasting.

MENU.

BILL OF FARE FOR A SIMPLE LIFE.

CHRISTMAS WEEK.

FIRST DAY.

Breakfast—Wine glassful of Vermouth Cordial.
Lunch—Apple Pudding and Sauce.
Dinner—Cream Soup, Symposia a la Sultana. Nut Salad. Breadsticks.

SECOND DAY.

Breakfast—Orange Juice.
Lunch—Apple Souffle with Shredded Cocoanut. Tapioca Pudding.
Dinner—Barley Soup, Symposia, Fruit Salad, Fruit Cake. Wisdom Drink.

THIRD DAY.

Breakfast—Grated Apples.
Lunch—Banana Salad with Grated Cocoanut.
Dinner—Rice Soup, Macaroni a la Royal. Nut Salad. Tart Apple Juice.

FOURTH DAY.

Breakfast—Orange Juice.
Lunch—Apple Souffle and Rice.
Dinner—Macaroni Soup, Symposia a la Simple. Nut Salad. Custard Pie.

FIFTH DAY.

Breakfast—Hot Lemonade.
Lunch—Corn Fritters and Vegetable Salad.
Dinner—Vegetable Soup, Symposia a la Famille. Vegetable Salad.

SIXTH DAY.

Breakfast—Linden Tea.
Lunch—Apple Salad and Tapioca.
Dinner—Rice Soup, Fruit Salad. Macaroni and Cheese. Cup of Coffee.

SEVENTH DAY.

Breakfast—Oranges.
Lunch—Rice with Cream Sauce.
Dinner—Potato Soup, Symposia with Sauce. Potato Salad. Bread and Cheese. Rice Pudding. Tea.

THE CHRISTMAS SEASON

Generally lasts for two weeks, taking in the New Year's week, and is considered as the longest holiday season, where feasting seems to know no bounds, and where we may break over the rules, providing we keep within reasonable bounds. We want the best nuts, fruits and beverages. We want nice and dainty dishes. Of everything the very best. Even the decorations should play an important part. It is self-understood that the home should undergo thoro over-hauling. Rapp-trapp is to be removed. The needy should be remembered and given an opportunity to make use of what we really do not. If we can make lonely hearts happy we should do so by all means at this season, a time of great expectation. Then our dishes will taste by far better, and partaken of in a spirit of great satisfaction; the food and drink will turn into great blessing and the healing of our shortcomings, physical as well as mental.

Raw foods, as well as baked and cooked foods are now seasonable, hot as well as cold, and wherever occasion demands it stimulants of a mild nature are permissible.

MENU FOR WINTER SEASON.

FIRST DAY.

Breakfast—Hot Water or a small cup of Herb Tea.
Lunch—Cream Tomato Soup and Bread.
Dinner—Vegetable Soup, Vegetable Salad. Poached Egg and Bread. Chestnut Drink.

SECOND DAY.

Breakfast—Barley Drink.

Lunch—Vegetable Salad with Dressing and Bread.

Dinner—Barley Soup, Symposia, Nut Salad. Apple Pie. Cocoa.

THIRD DAY.

Breakfast—Vermouth Tea in thimble cups with a slice of Lemon.

Lunch—Cottage Cheese Sandwich and Ripe Olives.

Dinner—Vegetable Soup, Macaroni and Browned Sauce, Beet Salad. Triscuit with Apple Souffle. Roseleaf Tea.

FOURTH DAY.

Breakfast—Hot Water with a pinch of Salt.

Lunch—Bean Soup and Bread.

Dinner—Rice Soup, Royal Symposia, Ripe Olives. Potato Salad. Custard Pie. Catnip Tea.

FIFTH DAY.

Breakfast—Oranges and one Fig.

Lunch—Flaked Rice and Cream.

Dinner—Tapioca Pudding, Fruit Salad with Dressing, Slice of Bread, Fruit Cake and Sauce.

SIXTH DAY.

Breakfast—Grated Apple.

Lunch—Juice of two Oranges.

Dinner—Apple Souffle, Triscuits. Apple Pudding with Sauce.

SEVENTH DAY.

Breakfast—Chestnut Drink.

Lunch—Raisins and Blanched Almonds, Flaked Rice.

Dinner—Macaroni and Cheese. Nut Salad. Cake. Lemonade.

WINTER SEASON

Is a time of great activity, mental as well as physical. Good, wholesome, substantial food is to be preferred. We find in grains, nuts, fruits and vegetables all we need. It all depends upon our selection and the proper combina-

tions. It is not wise to eat too heavily nor too hastily. Take your time. When tired from overwork, we will find a bath before our dinner the best tonic. To keep our windows in the bedchamber open during sleep will be of great benefit to us, and aid digestion as well as tone up the nerves. We are to use plenty of bedding, but it must be of the lightest texture, while our nightgowns should be linen. A good, clean, comfortable bed and a well ventilated room is as necessary to the recuperation of the organs of the body as clean dishes and proper selected foods.

The moment we notice a negative condition in our mental or physical state we will do well to abstain from further food at once.

Colds are quickly arrested thru abstinence from food and hot baths.

Make it a point to prepare all your salads raw, and use red beets, turnips, carrots, parsnips and potatoes freely when of a hard-working disposition, but confine yourself to a great deal of fruit if largely mentally engaged.

Never change underwear from light to heavy. Wear very light underwear, the same as in summer. You will never have any colds, nor ever get rheumatism or consumption.

LENTEN SEASON.

After months of feasting and high living, Lenten season reminds us of the time for purification, and it is well to fast at intervals, followed by a very light and simple diet. Those not abstaining from food entirely will do well to live upon fruit juices largely, like grapefruit, oranges with lemon juice, or apple souffles made from two grated apples and the juice of one orange, flavored with a dash of nutmeg. Cream may be used with fruit juices. It is well to get daily from two to six grapefruits and if hungry eat a little matzos, or health sticks made from whole wheat flour or rice flour with a small quantity of finely-ground raw peanuts. Pineapples should be used sparingly during Lenten season. All the tropical fruits as they come should be used alternately as tonics and eliminators. Man should live in this way for about forty days and then prepare for

the Easter season, beginning with Palm Sunday, to eat very sparingly, but tone up the stomach with absolute fast on Good Friday. Saturday should be a day of preparation and either that day or Sunday morning should be used as the day of regeneration by going out into the country, taking a plunge in a running stream and after being dressed partake of a glass of good old wine. Going home with rejoicing, following one's own method of religious devotion.

From time immemorial it was a recognized fact, gained thru life-long experience and keen observation, that Lenten season, or the time preceding the opening of spring, was the best and most effective time for the purification of the body and the preparing of the same by the use of tender herbs and plants containing healing qualities. The church in Egypt, Babylonia, Syria, India and other countries had a perfect calendar of fasting seasons and fast days. Even the early church in Christendom laid a great deal of stress upon fasting. Civilization has dethroned it, consequently disease and disaster.

A fast means that one should abstain from food entirely and only quench his thirst with hot water.

Invalids should use the juice of grapefruits, or use grape juice with boiling hot water.

Others again fare well on different herb teas, from barks, roots, blossoms or leaves. One should use the young shoots of springtime, the tender bark of the cherry, plum, willow, the roots of sarsaparilla, orris, sassafras, dandelion, leaves of the violet, dandelion, yarrow, sorrel, watercress; blossoms of the violet, rose, lilac, cherry.

Live strictly and abstain from heating foods and drinks for forty days, and thy days will be long in the land, particularly so if you raise your mind in thanksgiving to the terrestrial parenthood, and in honor to father and mother devote a few moments in reverential devotion. The blessings of father will thus give thee possessions of the earth and a mother's love aid thee in your enjoyments. Unto this end let all things prosper.

EASTER WEEK.

A TIME FOR REASONABLE FEASTING.

First Day.

Breakfast—Dandelion Salad.
Lunch—Lettuce and Poached Egg.
Dinner—Rice and Cream. Vegetable Salad.

Second Day.

Breakfast—Dandelion and Chives.
Lunch—Cottage Cheese Sandwich, with Cress Salad.
Dinner—Scrambled Eggs and Bread, Tapioca Pudding.

Third Day.

Breakfast—One raw Carrot.
Lunch—Egg Sandwich with Lettuce and Mayonnaise Dressing.
Dinner—Farmer's Rice. Cheese Sandwich, Cress Salad. Water Crackers.

Fourth Day.

Breakfast—One raw Carrot.
Lunch—Beet Tops Salad and Gems.
Dinner—Vegetable Soup. Nut Salad. Bread. Mustard Leaves or Cress.

Fifth Day.

Breakfast—Glass of Hot Water.
Lunch—Noonday Prayer.
Dinner—Raw Egg with a dash of Salt and Cayenne Pepper and Thanksgiving in your heart.

Sixth Day.

Breakfast—Sponge bath before sunrise, or bathing in dew. Take a long walk; meditating.
Lunch—Raw Rhubarb Salad on Lettuce.
Dinner—One Egg fried in Butter with Lettuce and two Triscuits.

Seventh Day.

Breakfast—A walk and cold plunge. Small glass of Old Wine.

Lunch—Scrambled Eggs with Chives and Matzos.
Dinner—Vegetable Consomme. Vegetable Salad. Macaroni and Mushrooms with Tart Sauce. Thimbleful of Wine.

Easter Week is followed by six weeks of hard labor, outings, sports and feasting. Use the products of the season and make up deficiencies and cravings for other foods very sparingly. Eggs should be eaten in large quantities. Oils to be used in salad only. Fresh butter, particularly sweet butter, to be used upon all occasions. For five weeks have mushroom sauces on rice. Get all the greens the market offers. If your stomach kicks up and won't behave after you have tried to be good, eat spinach in large quantities with just a dash of cayenne and salt and enough lemon juice to cover the dish. Use no grains, cereals, nuts, oils or butter and eggs for three days. Simply stuff on spinach and other greens. After that take for several mornings a tablespoonful of fresh pineapple juice and eat regular courses.

Remember to confine yourself largely to home-grown victuals.

Make it a Rule to break away from cooked dishes as much as possible, and learn to live upon raw foods, quickly and easily prepared. This season will prove the best to gradually grow into the habit of a simple life. Expose the body by degrees to the air and sunshine. Learn to live upon the produce of your own climate and local market, using foreign-grown fruits and vegetables merely as eliminators or when tonic is absolutely necessary. The simpler we live the better for us.

Whatever you do, let it be done gradually and follow the still, small voice conjointly with judgment and reason. Easter season, or the early springtime, is most conducive to the eradication of diseases, growing in health and strength with the advance of the season. But we must be reasonable and watch nature; follow in her footsteps and accept from her the tender roots and shoots, the leaves and blossoms.

MENU FOR EARLY SPRINGTIME.

Strict Observance of the Simple Life at This Particular Season Eliminates All Accumulations, Insuring Health and Happiness for the Entire Ensuing Year.

First Day.

Breakfast—Walk barefoot for five minutes; wash off face and hands in morning dew.

Lunch—Poached Eggs on Toast. Asparagus. Bread Sticks.

Dinner—Macaroni and Mushroom Sauce. Cottage Cheese with Chives and Cream. Buttered Toast. Dandelion Salad.

Second Day.

Breakfast—Five-minute run on lawn. Thimbleful of Violette Tea.

Lunch—Lenten Chops with Mushroom Sauce. Sliced Radishes on Lettuce. Swedish Bread.

Dinner—Farmer's Rice. Cheese Patties. Hot Biscuit with Butter. Cress on Lettuce with Nut Cream.

Third Day.

Breakfast—Chase yourself all over the yard and pant for breath just for one-half or a minute.

Lunch—Hard boiled Eggs. Dry Rice Flakes. Mushrooms with Butter gravy.

Dinner—Deviled Eggs. Bread Sticks. Lettuce Salad with Mayonnaise.

Fourth Day.

Breakfast—Plunge feet into cold water a dozen times and run about the house until dry.

Lunch—Fried Eggs. Hot Biscuit. Dandelion Salad with Nut Cream.

Dinner—Rice Soup. Cottage Cheese with Chives. Mushrooms and Onion Salad. Fresh Bread.

Fifth Day.

Breakfast—Five-minute run with bare feet.

Lunch—Scrambled Eggs. Matzos Bread. Shredded Lettuce with Green Onion Tops and Mayonnaise.

Dinner—Lenten Chops with Mushroom Sauce. Bread Sticks. Dandelion Salad. Rice Pudding.

SIXTH DAY.

Breakfast—Grasshopping and a run thru the house.
Lunch—Egg Sandwich with Mayonnaise.
Dinner—Shirred Eggs with Dry Toast. Mushrooms with Parsley and Matzos. Vegetable Gelatine with Lemon.

SEVENTH DAY.

Breakfast—A run and a bath in dew.
Lunch—Onion Omelette. Dandelion Salad.
Dinner—Mushroom Soup. Nut Loaf with Mushroom Sauce. Radish Salad. Cottage Cheese with Matzos or Triscuit.

MID-SPRING SEASON.

FIRST DAY.

Breakfast—Plunge and a walk.
Lunch—Strawberries with Cream and Rice Flakes.
Dinner—Asparagus on Toast. Spinach with Egg. Glutenbread. Tapioca Pudding.

SECOND DAY.

Breakfast—Take a walk.
Lunch—Macaroni and Cheese. Cress Salad with Mayonnaise.
Dinner—Milk Rivelets or Farmer's Rice. Mushrooms with Cream Sauce. Salt Rise Bread. Rice Pudding.

THIRD DAY.

Breakfast—Breathing out exercise for five minutes.
Lunch—Pineapple Juice. Nut Sandwich.
Dinner—Cottage Cheese Patties with Nut Cream Bread Sticks. Dandelion Salad. Tapioca Pudding.

FOURTH DAY.

Breakfast—Empty the lungs to their utmost.
Lunch—Crackers and Milk.
Dinner—Asparagus with Cream Gravy. Boiled Rice. Lettuce Salad. Custard Pudding.

FIFTH DAY.

Breakfast—Grasshopping. Pinch of Powdered Egg Shell.

Lunch—Brown Bread with Mushroom Sauce. Lettuce Salad.

Dinner—Rice Patties with Cream Sauce. Spinach and Egg. Hot Cakes. Cereal Coffee.

SIXTH DAY.

Breakfast—Dew bath and a pinch of Egg Shell Powder.

Lunch—Egg Sandwich and Lettuce Salad.

Dinner—Rice with Indian Curry. Dandelion Salad. Coffee.

SEVENTH DAY.

Breakfast—Grasshopping and a pinch of Egg Shell Powder.

Lunch—Cottage Cheese Sandwich. Green Onion Salad with Nut Cream.

Dinner—Vegetable Purèe. Vegetable Sausage with Mushroom Sauce. Asparagus on Toast. Vegetable Gelatine with Lemon Juice.

Remember that it is well to confine oneself to raw foods to a greater extent, using prepared or cooked foods only on rainy, damp and cold, chilly days.

LATE SPRINGTIME.

FIRST DAY.

Breakfast—Thoro rub over the body.

Lunch—Strawberry Short Cake and Cream.

Dinner—Vegetable Consomme. Peas with Potatoes. Asparagus with Mint Sauce. Cottage Cheese with Chives. Oriental Bread or Bread Sticks.

SECOND DAY.

Breakfast—Plunge. Pinch of Brown Sand.

Lunch—Asparagus on Toast. Sliced Tomatoes on Lettuce.

Dinner—Vegetable Pot-Pie with Cream Sauce. Cottage Cheese with Onion Tops. Buttered Toast. Cress Salad. Currant Pie. Buttermilk.

Third Day.

Breakfast—Full massage and Sunbath.

Lunch—Triscuit with Cream and Strawberries.

Dinner—Vegetable Roast with Cream Sauce. Potatoes and Cream. Raw Beet Salad. Hot Biscuits. Rhubarb Pie. Buttermilk.

Fourth Day.

Breakfast—Sunbath.

Lunch—Bread and Buttermilk.

Dinner—Carrots and Peas. Potatoes with Cream Gravy. Cheese Patties. Boiled Rice with Tomato Sauce. Sliced Tomatoes.

Fifth Day.

Breakfast—Rolling in grass. Thoro rub. Pinch of sand.

Lunch—Currant Pie. Buttermilk.

Dinner—Vegetable Roast with Tomato Sauce. Carrots with Cream. Potato Salad. Coffee.

Sixth Day.

Breakfast—Sunbath.

Lunch—Strawberries with Cream. Nut Sandwich.

Dinner—Cream of Pea Soup. Vegetable Fritters with Nut Sauce. Baked Potatoes. Carrots with Parsley Sauce. Currant Pie. Dish of Icing.

Seventh Day.

Breakfast—Grasshopping and pinch of sand.

Lunch—Fried Eggs. Triscuit. Lettuce Salad.

Dinner—Potato Cream Soup. Vegetable Roast with Tomato Sauce. Tomato Salad with Mint Sauce. Strawberry Short Cake with Whipped Cream. Hot Tea.

THE LATTER PART OF SPRING

Gives us an abundance of vegetables and plenty of fruit to make our selection from. A little experimenting will soon show that it is a pleasure and a great delight to find out for oneself the great benefits to be derived from the right and careful preparations and combinations.

Remaining within the limitations of home-growing products, using grains and nuts only where absolutely necessary in the compounding of palatable dishes, we will find it an easy matter to keep well and happy.

Learn to sleep without gowns and you will not be troubled with catarrhs, neuralgia, rheumatism, consumption and urinary diseases.

MENU FOR SUMMER SEASON.

Use Raw Foods Exclusively and Deviate From the Rule Only at Change of Weather; When Damp, Chilly or Rainy.

First Day.

Breakfast—Cherries.
Lunch—Strawberry Short Cake.
Dinner—Cherry Pie. Icing.

Second Day.

Breakfast—Hot Lemonade.
Lunch—Bran Drink and Cottage Cheese Sandwich.
Dinner—Strawberry Cake with Whipped Cream.

Third Day.

Breakfast—Small Berries.
Lunch—Nut Salad and Apples.
Dinner—Flaked Rice and Cherry Salad with Cake. Tea.

Fourth Day.

Breakfast—Raspberries.
Lunch—Apple Souffle and Custard Pie.
Dinner—Small Berries with Cream. Bread and Tea.

Fifth Day.

Breakfast—Hot Water.
Lunch—Bran Lemonade.
Dinner—Rice Flakes. Sweet Corn. Beet Salad.

Sixth Day.

Breakfast—Stone Fruits.
Lunch—Fruit Cake.
Dinner—Fruit with Bread and Butter. Buttermilk.

SEVENTH DAY.

Breakfast—Small Berries.

Lunch—Cheese Sandwich. Milk with Lemon Juice.

Dinner—Cream Tomato Sauce. Tomato Salad with Mayonnaise. Bread and Butter. Milk or Apple Pudding.

AUTUMN SEASON.

FIRST DAY.

Breakfast—A few extra well-drawn breaths. A drink or two of Water.

Lunch—One Apple. One Orange. One Fig. Three Almonds. Tablespoonful of Pine Nuts. Crackers.

Dinner—Fruit Salad. Boiled Egg with Mayonnaise. Flaked Rice.

SECOND DAY.

Breakfast—A pinch of sand. A few more breaths.

Lunch—A Pear or Persimmon. Two Dates. Two Locusts. Swedish Bread.

Dinner—Chestnut Soup. Flaked Wheat. Two Apples. Six Almonds. Apple Pie.

THIRD DAY.

Breakfast—Stretch body and take a few extra breaths with a wineglass full of Fruit Juice of any Kind.

Lunch—One Banana. One Orange. One teaspoonful of Pine Nuts. Shredded Wheat.

Dinner—Banana with Shredded Cocoanut. One Fig. Two Dates. Rice with Whipped Cream. Peach Pie.

FOURTH DAY.

Breakfast—Watermelon.

Lunch—One Carrot and one Beet grated and served on Lettuce with Parsley or Onion Top. Oriental Bread.

Dinner—Flaked Oats with Cottage Cheese. Nut Salad. White of Egg with Lemon Juice. Plum Pie.

FIFTH DAY.

Breakfast—Watch the rising of the glorious sun and bask in the sunshine. Then take a barefoot walk and a glass of hot Lemonade.

Lunch—Watermelon and Cakes.

Dinner—Corn Bread with Nut Butter. Beet Salad. Turnips with Cream Sauce. Egg Plant Fritters. Tea.

SIXTH DAY.

Breakfast—Muskmelons.

Lunch—Peach Pie and Cheese Sandwich.

Dinner—Corn on Cob. Salsify Fritters and Mashed Turnips. Watermelon.

SEVENTH DAY.

Breakfast—Apples.

Lunch—Cream Cheese and Crackers.

Dinner—Apple Souffle. Apple Fritters. Rice and Nut Cream. Peach Salad. Bread with Cottage Cheese. Plum Pudding with Brandy Sauce. Coffee.

THE AUTUMN SEASON

Reminds us of our opportunity in consuming large quantities of fruits, particularly grapes. In eating grapes for medicinal purposes, and that is really the object of our eating grapes, we should take our time. Eat slowly, masticate them well, but do not swallow the pulp. Grapes eaten in large quantities will cure all intestinal troubles, dissolve gravel and stone, arrest cancerous and fibroidal growths. Used in connection with large quantities of fresh milk will cure consumption. Eat every kind of fruit and in large quantities, leaving just enough hunger to still the same with a crust of bread.

Do not change weight of underwear with the increase of colder weather. Simply eat a trifle hardier foods and keep more lively, either with work or in the agitation of such amusements that prove an honor to the community.

DIETARY IN A NUTSHELL.

HOW TO EAT AND DRINK.

The sum and substance of all the science of dietetics is this:

When on a fruit diet, you *should* blend the sweet fruit with a smaller percentage of sub-acid or acid fruit.

When on a vegetable diet, the earth salts which are sweet in taste and flavor must be subdued by the addition of vegetable juices of an acid or sub-acid nature.

When on a nut diet, the nuts must be thoroly masticated, and the pulp, absolutely tasteless and gummy, should be expelled from the mouth.

When on a grain diet, the grain must be used raw and masticated well, employing the jaws to a great extent, but do not swallow more than one-third of the pulp.

When living on a mixed diet, remember that grain gives substance, while the addition of a few nuts occasionally or in season adds heat. By using the fruit at one time and the vegetables at another, they will furnish the eliminative tendencies.

Live on grains and vegetables for a day or more, then alternate with fruits for the same period, more or less, in accordance to the condition of the organic action.

If the system is filled with acids it is best to abstain from fruits. If laden with salts and minerals, then it is best to abstain from vegetables until the system is adjusted to a greater degree.

Never cater to artificial wants. They are mere suggestions of abnormal conditions that enslave our higher natures and burden our life energies with unnecessary trouble. There is no possibility to overcome these unless we retrace our steps and return to nature with a humble spirit and a contrite heart.

Learn how little it is necessary to eat and how much less you need to drink, as thereby you will learn the secret of the science of right living, which is the key that

unlocks the problem of all questions of life—the question of the economy of the Infinite thru individual effort.

Appetite is the result of uncontrolled senses and a disease of organic intelligence.

Stop eating for a time and nature will do the rest.

Hunger alone, following a good day's work, determines perfect digestion of that food which is least inviting to a pampered palate, but of value to him who knows of its filling the bill.

The greater percentage of liquid water of fruits and vegetables is superior to the water of mineralizing tendencies, for the reason that by virtue of an evolutionary life the liquids of vegetation embody the intelligencies of superiority, also by experiences in the realm of growth which entertain eliminating tendencies the best of waters do not possess.

Nature's process of distilling water can never be equaled by scientific innovations, as nature has a chemical laboratory at its command that is guided by unseen hands and directed by a mind which alone can claim mastership. All else is mere imitation, full of error and ignorance. If you need liquid pure and undefiled, take fruits or vegetables in their natural state and you will learn to glorify Him who has created and formed it so wisely.

Whenever overcome by thirst we shall know we do not exhale enough and that we inhale too short a current of breath to induce oxidizing of the blood, consequently we do not eat our food attentively and with discrimination. The organism contracts consummative tendencies, creating the thirst for liquids, which liquids, when taken, dampen the consummation temporarily, but at the same time create gases detrimental to organic action.

By abstaining from condiments, artificial sweets and seasonings, eating only grains, fruits, vegetables and nuts as nature furnishes them, we never thirst for water or liquid of any form, as breath will fill the bill.

The truest and noblest effort of man is to outgrow the animal and recognize the human; to conquer all the tendencies of brute nature. To this end our attention must

be directed toward the generative action of the nervous system at large, whose office is to manifest the operations of the mind by inductive and conductive actions into the muscular or expressing part of being and carry out the desires of our innermost being. To insure such a process one must adhere to the simplicity of that life which asks by performance of hard labor for "daily bread," even tho it be "crumbs that fall from the rich man's table," and is refreshed by wine that flows from the "jug filled with water." Living thus and working unselfishly, taking interest in all things and using judgment in one's selection of labor whenever nature demands change, observing as to food "each kind in its season" as "each season brings forth its kind," we shall answer the purpose of life and may safely look into the future before us.

WORK AND OVERWORK.

There is such a thing as overwork, which means work performed in a position limiting the exercise of the body and change of mind.

We never do too much work where we make a change in occupation for the performance of some other duty.

We condemn ourselves if we look upon labor as the end of things or the only means sustaining soul and body. Under such conditions our labors become a burden and a curse. The greatest of blessings come to him who performs his daily work in the spirit of duty and honor.

Work is nature's means to exercise the body directed by mind to insure satisfaction unto the soul.

All work of usefulness to the laborer and for the good of all is the only means of salvation from the curse of ancestral tendencies, and the path that leadeth unto the goal of final emancipation.

It rests the body and mind to frequently change attitude in the performance of our labors.

The digestion and assimilation of foods does not depend upon our knowledge of the organs of the body nor upon chemical compounds of foods, but the selection of foods as nature furnishes them.

MASTICATION THE KEY TO DIGESTION.

Thoro mastication of food insures a greater percentage in digestion and assimilation. Thus masticate thoroly, whether it be solids or liquids.

In masticating our food well the absorbents of the mouth, tongue and palate concenter all of the aromatic or spirit substances of foods, thereby aiding and increasing the insalivation of foods for digestive action.

What you miss to absorb by virtue of mastication you never get after the food reaches the stomach. Food proves a vitalizer and energizer only then when absorbed by continued and well-directed exercises of the jaws.

The sense of taste, harmonized and in common with all the senses directed by reason, is the guide unto selection, mastication, digestion and assimilation of foods which will prove of benefit and wholesomeness to the body, mind, soul and spirit in general.

We must be able to taste the food with our mouth and retain such taste until the food, by mastication, becomes tasteless. It then may be swallowed and left to the stomach to draw from it whatever soil substance it may retain for metallization.

It is not the stomach, liver and kidneys that need our consideration, but the mouth, which is the feeding station of our organism. Masticate your food to such an extent that the fluids furthering digestion will form readily and assimilation is insured.

Thru proper mastication you become thoughtful, and as like begets like, you retain the good thought of the food.

FOOD FOR THE MIND.

If digestion is poor, eat slow but sure.

Slowly and thoroly masticated food saves one-half of the digestive operation and insures tenacity to life.

The root of all the evil to the stomach is that man won't masticate his food with bliss.

Take time to eat and salivate your food. It saves digestion, makes health and turns complexion good.

In a fair state of health, whole wheat bread and milk or whole wheat gruel and milk is the cheapest and most nutritive fare, assuring a clear complexion and a witty mind.

You can't drink water on top of a fruit dinner. If you do, then you have to make another experience.

There are men and women who can eat and drink anything, and if you were to follow suit it would be like an idiot seeing a fire-eater, go home and fill his mouth with hot coals and then die.

Keep away from soda and mineral or charged waters in general. Use fruits and use them freely. After a good, frugal fruit dinner do not forget to take a morsel of bread.

The cause of defective teeth and a poorly developed bone structure is due to the lack of phosphates, nitrates and salts which are supplied largely thru food compounded from grains. Bolted flour preparations lack all the essential ingredients.

"Not what entereth the body defileth man but what becomes of it." That is just it—what becomes of it or what we *digest* of it. If we do not digest it then it not only turns into waste, but taxes the digestive organs to an extent, defiling the body with disease-breeding germs.

Of course you want the white grapes, the seedless green for your liver and rheumatic troubles, but if catarrhal then the blue ones are best, and in most cases no grapes at all should be used, particularly if hay feverish or asthmatic.

No matter as to the amount of proteids, nitrogen, fats and carbonates your dishes contain, if they lack the required salts and minerals which constitute the body of the foodstuff, you may eat and eat ad infinitum and still suffer from nervous disease that impairs stomach, liver, kidneys, intestines, and lastly the general constitution, calling to the surface all the germs of inherited tendencies and of prenatal influence inviting disease upon disease.

A well-poised mind with a body under perfect control, assimilating every morsel of food partaken of with thankfulness of heart, requires daily no more than one-third

of a pound of wheat, raw or made into gruel, one pound of milk or its equivalent of cheese in season, and a banana or other fruits, alternated by an equivalent of vegetables in season. According to locality and conditions such food would vary between five and ten cents a day. He who makes greater demands than these simply has to rustle to keep up imaginary appearances, but remember, no man can look into your stomach, but they do see what you wear on your back.

If food, as contended by science, gives strength and vitality, how is it that in times of prosperity and plenty, when mankind fairly gorges upon food, more diseased conditions are brought forth, consequently greater dissatisfaction, more troubles, and more weakness and laziness are apparent than in times of hardship and when food is scarce?

If it is true that the food we eat builds up our tissues, makes our flesh and gives us blood, then if a man subsists on a pound of pork a day, thus consuming three hundred and sixty-five pounds of it in a year, retaining the substance of the pork in his system, what is he at the end of the year—man or hog?

If man perpetuates his body, consequently his life, by subsisting on the animal kingdom, claiming to gain nourishment and substance from the same, what does he perpetuate and whom does he work, labor, rustle and slave for?

If it be true that fish make brain, hogs build up nerve, beef makes muscle, as scientists contend, then it won't be necessary for us to advocate education but rather the feeding of the faces desirous to reach their hearts' content through the stomach.

If beef builds muscle, why not stuff on it instead of going through physical culture and gymnastics, but if the latter give muscle, what is the use in eating the beef?

If hog's flesh gives nerve, why take nerve tonics and nervines to unnerve what the pork has built? Which is which?

Scientists claim a great deal for oysters and clams. They are supposed to build brain cells. It would be well

for them to fill up on clams and prove their brain cell development by getting to work and earning an honest living, creating commodities of life, or else keep their clams shut.

On the one hand science tells us of foods building the brain, foods for nerves, and foods for muscles; on the other hand they advise *exercise* for the muscle, nerve and brain. If the former does the work of the latter, what do we want to exercise for, yet if exercise is to do the work, what do we want to eat for? This is a dog-gone of a science.

Never entrust the noblest of life unto another lest sorrow and shame be your reward. This body, as a temple of the living God, of which we are the entrusted keeper, must never expect others to take our place, as thereby we prove traitors to our cause and must suffer due penalty thru sickness, sin and struggle.

As soon as we become inclined to use stimulants or condiments to relish food it is high time to give our digestive organs rest from food.

The prosperity of professionals is a sign of man's degeneracy, a sign of the times foretelling the deterioration of the race and a voice of warning unto him who awakens to the responsibilities of life with a desire at heart to retrace his steps.

Suggestions of an evil-directing nature will reflect upon our paths, forming pitfalls for our uncertain steps, breaking our bones and shattering our mind.

Daintiness and prettiness seldom denote intelligence, altho intelligence may use either as a means to an end.

By knowing ourselves and the body which constitutes our being we shall appreciate the attributes of nature and ever strive to pay tribute unto ourselves by sacrificial offerings of the best we can find in life.

Science means to know, yet knowledge is of no value where we cannot put it into practice. To do the right thing is better than to preach it.

Wise is he indeed who learns thru observation rather than by experience. Experiences necessitate experimenting only too often ending in disastrous results. Nine-

tenths of our troubles, sickness, sin or sorrow are due to experiment and experience. He who has eyes to see let him *see,* while he who has ears to hear let him *hear.* Be attentive; keep eyes and ears wide open and you shall know the rest.

The autumn is a time of adjusting oneself, and it is best not to allow any of the old suggestions to go over into the winter. Take very hot baths or vapor baths twice a week for five weeks, while living largely on fruits or vegetables. Stop using tea, coffee or water.

Sleep in your Adamic gown, but change bed sheets and pillow cases frequently, at least twice a week, and note the difference in health of body and health of mind that open up the avenues of wealth.

In case your stomach is sour and your breath is bad, wash mouth with five drops of oil of eucalyptus and two drops of sassafras oil to half a tumblerful of hot water. Rinse well, and the last mouthful swallow. Then breathe out with lips parted and whisper words with *h,* like ahu, aha, haha, and give your trouble the *haha.*

The reason fruits disagree with you is that you do not eat them right. In the first place, two kinds of fruits are required in your case. Next, you should eat your fruits with bread and butter. And again, don't you dare to drink anything unless it be a demitasse of hot black coffee, made very mild a la drip.

Vegetables prove too heavy for you because you prepare them in water instead of cooking them in their own juice and additional oils or butter. Some vegetables should not be boiled. Because of too much starch they should be baked, and thus change them into dextrinous foods.

Keep your feet clean, and keep them in good socks. Wear silken cloths next to the skin, then finest linen, then let up on it and take to lisle or mercerized stockings alone, leaving off all the cloths. Be sure that you rub between the toes each morning and at night. This will do more for your stomach and set its nature right than all your extensive studies in anatomy, in chemistry, and all the other twaddle and blight.

POINTERS TO INVALIDS.

There are practically only three classes of invalids: First, those who are poisoned thru overaccumulation of acids caused by improper food selection and unscientifically compounded dishes. These must abstain from all fruits and begin to use vegetables containing largely earth salts—potato peels, chopped fine and cooked with butter in a double boiler until tender, adding onions cooked in butter and cream, will prove an ideal food.

Second, those who are mineral poisoned or starch poisoned, owing to the use of too many mineral or salt foods and starchy dishes, lacking the acids for counteraction. Abstain from vegetables and prepared cereals. Use bananas mashed in cream, grated apples with cream or stewed in butter (but no water); also baked bananas or apples and barley gruels with butter and cream.

Thirdly, those who have led a riotous living, by loading the system with acidulous foods at one time and mineral or salt foods excessively at another time until the stomach refuses to separate the foods and classify them intelligently for digestion and assimilation. Here a fast of thirty-six hours, every three to four days, becomes necessary, using a slice of lemon, pineapple, apple, orange or grapefruit to quench the thirst, living on small quantities of wheat gruel after fasts. Use onions boiled in butter and cream, seasoned with parsley and cayenne, for each meal.

The secret of good health is not only moderation, but occasional abstinence.

In either of the three cases it is always advisable to abstain from food until hungry and when hungry to make it a point to confine oneself to the class one favors.

Fleshy people are apt to be salt or starch poisoned. Wiry people, acidulous and nervous people are blood-poisoned, due to overaccumulation of salts and acids.

HINTS TO SUFFERERS

In the following pages we briefly state a few additional hints which will suffice the wise to use in connection with other advice given at will and cannot fail to assist Nature in assuring speedy recovery from all the ailments of the body, which are due to nothing less than ignorance in the selecting and use of proper food-stuffs and remedial agents in connection with food-stuffs so necessary to improve nutrition.

Condiments of all kinds, properly and scientifically prepared, were considered wholesome and brought to a test for centuries, and they will still prove to be the most natural and effective of remedial agents, and altho we do not wish in any way to reflect upon our pharmacopœal achievements, we will all agree that no man can live on medicine, but he can on food, and that food rightly compounded will assure health, and where there is a disease germ spreading, thus crowding the finer network of man's constitution, medicated foods will assist nature to adjust matters.

Exposures to heat and cold under unfavorable temperamental conditions do much in undermining good health and a happy disposition.

The arctic dweller has learned to protect his health by adding to his food an extra amount of oil (blubber). In case of sickness he simply consumes still more oil, bathes in oil, smells burnt oil or becomes oil-smoked until "cured."

The man of the hot climate finds it necessary to use spices and condiments in his regular meals, and when diseased requires extra portions of hot spices, powders the body in spices, bathes in them, burns them so as to inhale the fumes until he becomes "fumigated." His chills, peculiar to disease in a hot climate, are counteracted by extra heavy potions.

With this knowledge of the blend in the two great extremes man may, with additional ingenuity and scientific application, soon grasp the true value of nature's efforts in

showering blessings upon us in the great variety of things destined for our use, guided by good judgment.

CURRY POWDER.

A valuable mixture of condiments successfully used in pulmonary, rheumatic and digestive troubles, where suitable food is used. It must be compounded fresh and not bought ready-made, as the commercial curry powder is nothing more than a mixture of cayenne and turmeric, and many brands contain large quantities of rice flour and salt, others cocoanut and dried garlic. The two latter are of good remedial value when used with *true Curry Powder.* Compound curry as follows: Four and one-half ounces turmeric, four ounces coriander seed, three ounces tellicherry black pepper, one and one-half ounces each of English mustard and foenugreek seeds, one ounce each decorticated seeds of cardamom and cumin, and cassia buds, one-half ounce each of Jamaica ginger, Zanzibar cloves, Penang mace, Zanzibar cayenne. Grind fine and put up in air-tight tins. Use freely in rice and other grain and vegetable dishes suitable for invalids. To the intellectually or mentally based curry will prove the best remedial agent when diseased. When well again curry must be discarded from our daily menu.

SPICED CONDIMENTS

Are in general use, but the commercial spirit is only too apt to lose sight of the value and purpose of medicated dishes. For this reason we find the old-fashioned way of putting up one's own pickled dishes the only safe way, and adding our scientific methods in the selection and preparation of these relishes we shall never hereafter be entirely without a case of selected medicated foods to keep the wolf from our door.

Green chili, cucumber, artichokes, stringbeans, green tomatoes, cauliflower, onions, mushrooms and walnuts are most suitable for pickling.

After cleaning a number of the above mentioned well selected articles steep them in a strong brine composed of salt and *filtered* or *distilled* water. It is best to use stone or earthenware. Place all the articles desired for pickling

into a large colander, set into a larger dish and pour over it all boiling hot salt brine. Draw off and repeat the treatment every five to ten minutes up to a half dozen times. Allow the contents to remain in the last poured on brine until cool. Draw off the brine. Bottle the selection, and cover with pickling sauce to the very top.

Make pickling sauce of one part of reboiled cider vinegar and one part aged chianti or Nebiolo vinegar (claret vinegar will do, too), add to each pint three bay leaves, twelve each of allspice, whole black pepper, cloves, one teaspoonful mustard seeds, two tablespoonfuls of sugar. Bring to boiling point and pour on the selection.

Another good way is to use one-half of the brine to one-half of vinegar. All vinegar must be thoroly fermented and thrice reboiled before finally boiled for mixing.

The remaining brine should not be discarded but prepared with spices and rinds of lemon and citron and bottled. The latter has been used to great advantage in heart troubles, malaria and fevers.

Spiced condiments will be found of great remedial value in the spiritually or morally based. Used in small quantities with wholesome foods, particularly baked or broiled vegetables, free from additional water, will prove a surprisingly beneficial effect in disorders that our pharmacopœal potions could not even phase. When well let spiced condiments alone. Should be used only when negative. But in cases of severe colds do not use pickled condiments.

GHERKINS.

Commercial gherkins are practically unfit for medicinal purposes. The proper way to prepare them is as follows: Select finger-thick green pickles; wash them well; place them in cold salt brine for eight hours. Take them out and dry them with a clean towel. Put them layer upon layer into glass jars, adding to each layer the desired quantities and kinds of spices and herbs, taking care not to use many cloves, if any. Now boil well strained vinegar, adding one tablespoonful of sugar to each pint of vinegar. (Cider vinegar or grape vinegar only should be used. The better way is to mix claret with vinegar,

half and half, weeks beforehand and let it stand in a jug near the fireplace.) The vinegar should reach the boiling point over a quick fire and immediately be poured on the gherkins, making sure that the liquid covers the contents to the very top. Screw the tops on tight and immediately wax, placing jars in a dark, dry, cool place. May be used after six weeks. Do not use ground mustard in your pickling. All seeds must be used whole.

The physically based can use gherkins to a great advantage when under the weather and a little out of sorts.

DILL PICKLES

Rightly prepared can be used to great advantage in disorders of the digestive organs, particularly the liver and where there is starch poisoning. But the secret lies in the preparation. Select medium-sized green cucumbers. Wash each one of them and rub dry. Slip them gently into a tub of boiling hot brine and leave them in for two to three hours or until cold. (The brine must be heavy enough that a raw egg will keep on top the water.) Now put up the cucumbers in an earthenware crock or an old whisky barrel, layer upon layer, starting with a layer of grape leaves, dill, then cucumbers, and so on, ending up on top with a layer of grape leaves and dill. Bring the same salt brine to a boil again. When ice cold pour into the vessel filled with cucumbers. When filled to the very top, place a porcelain or an earthenware lid on inside of vessel and a heavy rock so as to keep contents tight and to keep the scum which will form from touching the pickles. Whenever scum forms it should be skimmed. Vessel must be kept in a cool, dry, dark place. Properly done, the dill pickles are ready for use in ten days. The brine is used effectively in cases of constipation.

Dill pickles are of advantage to the physically based during the cold season. May be used frequently. Where used in excess mustard cucumbers must be used to counteract organic disorders.

MUSTARD CUCUMBERS.

Select yellow, ripe cucumbers of a fair size. Peel them. Cut crosswise into four to six strips each. Take out all

the seeds. Place them in layers and salt them well. Leave them stand over night for eight to ten hours. Take them out one by one and dry them with a scrupulously clean towel. When thoroly dried place them in earthenware crock in layers. Over each layer sprinkle quite freely, but not too much, whole mustard seeds and two bay leaves. When done bring to a boil selected fine grape vinegar, just enough to cover the contents of crock. Add to each pint of vinegar one tablespoonful of sugar, four sticks of cinnamon, eight cloves. Remove cinnamon and cloves from vinegar before pouring on the contents of the crock. A porcelain plate on top of the contents and a clean cloth or heavy paper over top will suffice to keep the mustard cucumbers wholesome. Can be put up in glass jars. A few thin sliced onions, Bermudas and Spanish, over each layer of cucumbers will add to the relish.

Mustard relish may be used to an advantage by the three bases, depending entirely upon the condition of the trouble.

TEA FOR INVALIDS.

The intellectually based should use Japanese garden and green tea, first picking.

The spiritually based Chinese or Oolong and Russian tea.

The physically based will find India, Ceylon, Congou and Souchong tea the better.

When out of sorts or under the weather, nervous or negative, chew a pinch of tea leaves. When reduced to a pulpy consistency expel. In case the pulp tastes weedy, mousy and biting, it is because the tea is tainted and not as represented. Use only selected teas for medicinal purposes. Must be used without cream or sugar. Can be used with lemon and rum, arac, or Cognac.

MILK DIET

Will be found of great aid in restoring organic disorders. To gain good results one must abstain from all foods and confine himself to one glass of milk every two hours,

just as we would feed a babe. When you feel you would like something else besides milk eat a grated apple, three to four grated almonds, or use a few leaves of lettuce or endive. In case you think milk disagrees with you, take one-half teaspoonful of charcoal first and sweeten your milk with a little honey. Five weeks of milk diet will suffice to set one right. Where bowels won't move regularly use two hot water injections and finish up with an after injection of two quarts of hot milk. Expel slowly, but do not force yourself. Drink the milk thru a *straw,* not paper straws. If you have no straw, then be sure you sip your milk slowly and thoroly masticate it before swallowing.

LEMON DIET.

Lemon is one of the few acidulous fruits that can be used to a great advantage. In heart, liver, bladder and kidney troubles particularly effective. Use the juice of one lemon, well salted, one-half hour before each meal and the clear juice of one lemon after each meal. When hungry place a slice of lemon on tongue and expel as soon as turning bitter. When thirsty use lemon juice. Add more lemon juice daily until you can take seven to more lemons. Take the juice thru a straw. Always wash teeth after using lemons.

Lemons hold their own nearly all the year round and can be used to great advantage as nerve-tonic or a purgative, depending on the combinations made. In cold water lemon proves cooling; in hot water promotes perspiration; well salted raises the heart action thru the mild operation of the liver. Taken immediately after a cup of drip coffee with a quantity of rich cream it acts as a purgative. In small quantities oil proves nourishing; lemons mixed with oil make a skin food, eradicating skin disease, all else being equal; the same applied to the scalp removes dandruffs and stops falling out of the hair; beaten into sweet milk, the juice of one lemon to a glassful of milk will eliminate acids from the system and cure rheumatism, kidney complaints and bile troubles. In fact, the lemon can be utilized in so many ways that it may safely be called a universal remedy.

HINTS OF THE SEASONS.

WINTER.

DECEMBER.

As an indisputable principle the observation of the seasons and the selection of foods as to the products of time will continue to hold good forever, and the more strictly we observe this simple, natural rule, the less trouble we shall have in knowing just what shall I eat and what shall I drink, for the joys of life in a kingdom of God do not consist of mere eating and drinking. We shall then more fully understand that the food and drink themselves are not the defilers of the body, but the results thereof.

With the advent of cooler nights and colder days the average man resorts to heavier underwear. This is a sad mistake and is one of the principal means of creating colds, catarrhs, neuralgia, coughs, fevers and stomach troubles. Remember that the home, the office, the shop and store are warmed, and only when going outdoors you want protection, which is furnished by an overcoat, mantle, cape, high collar and frequent change of stockings. Even the use of overshoes and rubbers ought to be decried and only resorted to by those whose vocation is that of standing in water or wet places for hours.

When chilled and negative, or under the weather with a suggestion of foreign vibrations not in harmony with perfect health, take a tablespoonful of olive oil, two tablespoonfuls of old wine, stir well; three pinches of salt and one cupful of boiling water stirred in slowly, and sip.

There are carrots, turnips, beets and parsnips plenty and galore to make nice salads from. With anise, celery seeds and caraway or dill these salads always fill the bill. Green parsley and some onions will the dish improve, and

adding peppers, green or red, the bowels will move. Such salads always the menu precede, so that if not in want of food all other dishes may not nurse our greed. That is the proper way to start a meal, as then you never wish for a great deal. A little soup, a piece of bread, or an entree of simple fare will all sufficiency to you declare.

The ordinary man requires four quarts of liquids a day to keep well, which he receives thru his food and the drinks that go with his meals. If he craves for liquids besides those already consumed then it is because his dishes are spiced and seasoned too heavily as well as wrongly compounded, and do not suit his temperament and constitution. When craving water use lemon juice in small quantities quite frequently and until all taste for water is gone. But correct your methods of living, as therein lies the secret that points out the road to good health.

Grated apples with cream can be eaten even by those who are acidulous. A dash of nutmeg, cinnamon or mace will help to eliminate the acid.

The most wholesome cereal dish is freshly ground wheat, sprinkled in boiling water and allowed to boil slowly, while stirring, for ten minutes. A little batter or cream will improve the taste. May also be eaten with nuts, honey and fruit juices.

In case of colds or coughs, eat nothing for a day, and when hungry take three pieces of loaf sugar, put in oven to brown, and nibble while hot. Before retiring take the juice of a large raw onion. If not agreeable, slice the onion and over each layer spread a little sugar. Let stand for half an hour and sip the juice slowly. Next day eat a grated apple with fresh cream and a soft-boiled egg.

Eat fresh apples rather than the diverse dried fruits, and pumpkins and squash where fruits disagree.

As long as grapes will keep, resort to them instead of grape juice.

In colds, influenza, malaria, coughs and chest troubles take the juice of one lemon beaten with one tablespoonful of grape brandy and two tablespoonsful of salt. Immediately after take one cupful of light jaborandi tea or seven to ten drops of tincture of jaborandi to one cupful of hot water and retire to a very clean bed.

The winter months, whether of the North or the extreme South, are the most congenial season for attention to the body deficient in health. It is well to chill the body, but we should resort to dry rubs immediately thereafter and heat the surface of the skin by our own efforts. A chilling is best done by pouring warm water out of a small teapot very slowly over forehead, the right, then the left ear, the neck, the right and the left shoulder, the right and left breast, the right and left hips, the thighs, the right and left calves of leg, the right and left insteps, the soles, and lastly, the right and left toes. Immediately take cold water, and go thru the same performance. Only when using cold water it is well, immediately after the tingling sensation begins, to rub the parts affected with your own hands, even if a little effort on your part becomes necessary. When thru with treatment rub the body dry and all the tender places anoint with almond oil. Keeping this up for several nights or mornings, you will be surprised at the good results and the vigor attained. Sick spells are banished with the first treatment, while a loathsome and lingering disease disappears after a few applications. Make it a point to relax as much as possible while the tingling sensation is felt thru the nervous system. Let your food be plain and avoid bake ware containing yeast or sodas for a time at least. Light herb teas, as jaborandi, camomile, clover blossoms, elder blossoms, linden and rose blossoms, will aid a cure.

Whether North or South, the poles or the equator, the season is favorable to the formation of *fermentas,* dissolving and absorbing bacteria so numerously and so rapidly increasing in the alimentary canal and the intestines of mammalia creatures. The winter season is favorable to the growth and accumulation of bacteria, beginning

with the latter part of autumn and reaching its height at the opening of spring. In Eastern countries this fact has been recognized from time immemorial, and means have been adopted, not only to destroy the operations of bacteria, but to prevent their growth. If bacteria are allowed to perpetuate their destroying work thruout the alimentaries, much harm and suffering comes to the body and its organic operations. Of course, this accumulation of bacteria is largely due to improper living or the wrong selection of food or foods not in season. Where Nature is less observed, the accumulation of bacteria becomes very rapid, and were it not for the wisdom of Nature to reach a limit even here, self-poisoning would wipe humanity from the face of the earth by plague and pests year in and year out, so that in less than a generation there would be no trace of a civilized race. We owe it to limitations in the operations of Nature that man still lives in spite of all bacteria running into uncountable millions feeding upon our bodies and the numerous maggots, entozoa and other parasites that endanger our lives, continuously bothering and troubling us. On the other hand, again, we find that it is not necessary for us to be imposed upon by bacteria or their kindred. Nature has provided for simple means to prevent any and every attack of bacterial growths which cause disintegrating tendencies to the organic part of our purifying operations. Sour milk, clabber, curdled milk, and *milkines* will aid us in ending the disintegrative processes and create the desired and necessary *fermentations* which are formative, building, constructive. *Fermentas* are death to bacteria, thus the bodyguard of intestinal regions. How to prepare milk for fermentas: Put into earthenware vessel a quart of fresh milk and cover with a paper so as to protect from dust. Keep in a dark or partly dark place, but moderately warm, that is, comfortably warm, in a place clean and tidy, but not in an icebox. Let the milk stand for four or more days. Pour off the water in a glass and add a tablespoonful of grape juice to it gradually, while stirring the *whey* (water of the clabber) ; stir in well and drink it. As to the clabber, beat it with a fork and add to every glassful the juice of one heated lemon. Beat the juice in gradually. It is

well to take the clabber at night and the whey in the morning. Use it for three days in succession and repeat after ten days. Intestinal troubles will be eliminated and tendencies to fibroidal growths, cancers, tumors, hemorrhoids, etc., banished.

Where there are entozoa or maggots in the intestines it is well to remove them with mild cathartics, additional to preparations of grated carrot, sprinkled with anise seed, unfermented bread with Neufchatel cheese or Schmierkase, sprinkled with caraway seed, and drink a cup or two of dill tea.

The use of alcoholics should be rather sparing, and of cordials the Vermouth will prove the better.

The season of feasting allows pickled fruits and vegetables, also roasted nuts, as relishes, but not as food.

Cranberries will ward off malaria and erysipelas.

Celery and lettuce are particularly for nervous people and those suffering from kidney affections, neuralgia and rheumatism.

Horseradish, fresh grated and brought to a boil in milk, thickened with a little flour, will prove an excellent tonic to liver and stomach.

Cold feet; cold hands. That means poor circulation, altho the organs of the body are quite well. It means irregularity in functions of the alvine and renal calls. The system does not remove it all, but retains a part. In such a case the blood will lack the heat, while organs of the complex whole the heat detain. Take sponge baths, in a warm room, well heated, while your feet in cold water do stand. Remember that ten minutes only in this exercise you spend. Thus quickly move and lively be. Use lighter stockings, lighter underwear. Before you put on socks, or when you take them off, pull every toe, rub off your feet with hands until they burn, and feel quite dry.

Obey this law each day for weeks to come, and you will happy be, enjoying life's great run.

Clabber, with wholesome bread, particularly corn bread, will keep the system comfortable and the bowels open.

Mild and effective passages may be insured through the use of whey. Whey is really the clear water that gathers in the clabber. To obtain it we simply need to set a quart of milk aside, either in a bottle or jar. Cover the jar with a paper lid. It matters not whether the jar stands in the light or a dark place, but it should not be near a stove or a radiator. After five to eight days' standing, the whey-water will be ready for use. One wineglassful of that water taken upon an empty stomach will act upon the liver, while one hour after a meal a wineglassful of whey-water will aid and hasten digestion, acting readily upon the kidneys. It will prove a great factor in colds and break fevers. Use whey-water only at intervals, from time to time, or whenever absolutely necessary. Whey acts better upon the system than the best prepared lemon concoctions.

Be sure you rub the toes and pinch them every night and morning if you catch cold easily. Make it a point to run your fingers between the toes until the latter get dry and hot.

Camomile blossoms as tea are now in order and used with a little ginger root will prove as a tonic and a relief in pulmonary affections. Those troubled with indigestion should not use ginger.

A change of garments after a walk in the cold and damp air on a wet day will do more in warding off disease than the taking of medicine, while a hot bath after a hard day's work or uncomfortable travel will do more in resting a person than the squarest meal, or a good bed. After a good but quick bath and the change to cleaner garments the simplest of meal will prove most wholesome, and a few hours' restful sleep, renew the vital forces and recreate one's powers for further activity.

Much bread and potatoes ought not to be eaten, unless plenty of fruit or raw vegetables are eaten at the same meal.

Cereals, even cornmeals and oatmeals, are in order, but the invalid should remember that he still has to avoid grains in quantities.

Raw peanuts eaten with raw prunes not only act upon the bowels, but remove mucus and phlegm. Very desirable in colds, coughs and catarrhs.

In case of colds abstain from baths, just rub the body and particularly your feet quite often with a rough towel. Upon your chest pour eucalyptus oil and place a blotter over it. Repeat this treatment daily, twice. Let bill of fare be light; green onion tops and onions eat at night. If raw ones disagree, place them into an oven and bake them, sugared well, to golden brown. Use them quite freely and to back of neck and throat and face, hot water applications make and almond oil apply. At night for comforters do pray, and use an extra underlay. As to your breathing, clear the nostrils with hot water spray. Keep busy, occupy your mind with labors of the day. As you have done your part you need no longer be alarmed, as Nature's laws the progress of disease shall stay. Remain resolved and from calamity you'll surely be absolved.

Onions will be of inestimable value to those who are much exposed to chills. Eat stewed onions, fried onions, baked onions and onions with apples.

Where a cough has advanced to severity, check it at once by using one stick of licorice dissolved in one-half pint of fine brandy, using two or three tablespoonfuls of it every time you cough. One-half pint will suffice to check the trouble.

Ideas may be inherited, but a disease springing therefrom has to develop.

Between now and the opening of the fasting season malted beers are permissible, aiding dyspeptics and consumptives where used moderately and in connection with wholesome bread, raw eggs alternated with cottage cheese.

Grapefruit juice beaten into sweet cream will cool a swollen liver and promote better bowel action.

A mild and most effective laxative will be found in taking a half a cupful of rich cream and fill up the other half of the cup with steaming drip Mocha coffee. Half an hour later take slowly the juice of a lemon.

Bananas baked with cooked rice will prove wholesome.

Sore throats are very common these days, due to the exceptionally alternative changes in weather. Be sure to keep feet clean and dry.

The best thing for a cough is three drops of oil of eucalyptus in a wineglassful of hot water, taken internally, and a piece of soft wrapping paper saturated with the oil of eucalyptus placed upon the chest.

When going out, do not button up your coat to the neck. Give your neck freedom; let the fumes of the body be carried off by virtue of your collared chimney.

Banana well mashed and enough sweet cream beaten into it to make it like a soft paste will act upon the bowels mildly, at the same time prove quite an ideal diet for a season, while oranges with apples will prove cooling and very nutritious at this time and for some months to come.

Although a little unpleasant to the taste, *garlic* is in season and should be used freely once a week. The proper way to use *garlic* as a tonic and remedy is to take hot toast and rub the *garlic* on it like you would spread butter. One large clove or two small ones will suffice. Toast and garlic eaten with a dish of prunes will prove a splendid purgent. At this season of rush and feasting garlic will prove a preventive.

FEBRUARY.

Grapefruits are in season until the last week of Lent. For purification, particularly for severe blood diseases and the various phases of poisoning, use two to four grapefruits a day for ten days, and subsist largely on ginger bread.

Grapefruit cures jaundice and all blood diseases.

The juice of three grapefruits will check a severe cold.

In case of real hunger make it a point to use oil broths with garlic before eating anything solid.

Pineapples are in season for weak stomachs. Take one tablespoonful of the juice on an empty stomach and before each meal. Take after meals also for ten days.

In case of general debility, fever, cold and cough, take a pint of sweet cider with the juice of two large lemons, and eat grapefruits only when hungry, for three to four days.

Shortness of breath during the cold season is best eradicated thru the use of cane sugar, thoroly browned, and dissolved while hot in as much lemon juice as it will take, then taken in doses of one to two tablespoonfuls.

For mental gymnastics call to mind all the countries, mountains, valleys, cities, towns, hamlets, all the vegetation and their classification known to you, all the minerals handled by you, all the things of art worthy of your adoration, and the good people you have met in your life. Keep up this exercise daily before retiring and your memory will grow stronger, your mind brighter, your mood happier.

Leave out your sugar and use instead of milk good cream in your coffee. It won't sour on your stomach, neither will you suffer from ill effects.

SPRING TIME.

MARCH.

Whenever using a purgative it should be remembered that after a thoro passage we should immediately take one-fourth of the same purgative on an empty stomach. Take purgatives with the juice of one or more lemons for quick effects. For several mornings thereafter take at the same corresponding hour one glass of water on an empty stomach. Should the water be hard, stir into the same a pinch of borax or saleratus. In children sweetened water will prove very effective.

St. John's bread or locust, used in quantities of one ounce a day in addition to two ounces of prunes, daily for six weeks, will cure an ordinary case of constipation.

The whites of eggs beaten up, mixed with cream and afterward with the juice of lemon, is one of the finest remedies in any kind of troubles where nourishment and medicine is to be combined with immediate results for good.

Sassafras, "nibbled at" or made into a tea by boiling it over a slow fire for fifteen minutes, then taken hot two or three times a day for ten days, will act purifying upon the system. It is necessary that the food consists largely of flour soups, rivelet soups, macaroni soups, rice with cream, barley with butter, buttermilk soup, wholesome bread. Eatables should be prepared fresh and none of the left-over things should be used. Rhubarb and dandelion, either as a raw salad or else a vegetable dish, will be found very wholesome; of value to scrofulous and rheumatic people.

March is a good fasting season there where the weather is not too severe and where the season gradually becomes warmer. On damp, wet, rainy days, while fasting, make it a point to bathe hot before retiring to bed and drink a seasonable herb tea, always inducing peristaltic movements, even if you have to resort to the internal bath, in which case it is well to use a tablespoonful of warm olive oil as an after-injection into the rectum.

Should alvine calls be irregular, use syrups made of figs and prunes. Such a syrup is best made in white syrup in which rain water is used. Prepare as follows: Take two cupfuls of rain water, add three tablespoonfuls of confectioners' or homeopathic cane sugar. Allow to boil slowly, stirring continuously and until stringy. Now drop into this syrup five figs and ten prunes that have been cut into small pieces with scissors. Allow to boil slowly for thirty minutes or more, gradually adding boiling rain water to it to keep the two cupfuls. Use freely while warm—from one to three tablespoonfuls, and one teaspoonful three times a day thereafter. Elderly people may use rectal or colon washes daily for ten nights to keep up and regain regularity, particularly while fasting. Young people should not use the syringe. It is better to refrain from eating entirely; to take baths and rubs and a few drops of oil Euphorbia to get a thoro cleansing.

All sorts of roots, such as orris, ginger, sarsaparilla, sassafras, etc., will prove best when ground and sprinkled over foods.

Eat blossoms, of whatever kind procurable, if nervously inclined, while for trouble of the upper organs use largely tender leaves and stems, but confine yourself more to roots and rootlets if of an intestinal nature. Shives, young green onions and parsley should be used plentifully.

Let children eat young carrots upon an empty stomach, and deprive them not from the use of all such greens as appeal to their taste, while the sap of maple trees and the bark of wild fruit trees and small berries will aid them in their development. Allow them plenty of milk when thirsty. Invalids following the same rule will soon recuperate and be as young as nature itself. In dryer climates use less dairy foods, but more fruits.

Lettuce with green onions and two tablespoonfuls of black, mild coffee once a day with the regular meal will prove invaluable to those troubled with insomnia.

Asparagus in large quantities with mint sauce (no vinegar) will induce light perspiration, aiding circulation and clearing the complexion.

Calamus, young and tender, will cure you of all maladies from kidney and the passions gender; just eat a dram of it before each meal for a week or two, and demonstrate the good thereof—how true.

Tropical and semi-tropical fruits are in order and should be used as eliminators and tonics.

Dewdrops licked from grass blades, leaves or stems will clear the complexion and make the flesh as firm as of a healthy, rosy-cheeked child.

Add a few drops of lemon juice to a wineglassful of rain water and the burning fevers will cease, while the spirit shall rise in you, insuring nerve and brain.

Heal yourself either by proper eating, dieting or fasting and not by medication.

Invalids may use albumen or gum arabic dissolved in rain water or distilled water, as next best, to tone up the stomach.

Eat daily for twenty-seven days a mouthful of licorice after your meals, and instead of water keep a slice of lemon on your tongue and your pulmonary troubles will pass away, leaving the membranous lining in a better condition than if you had resorted to the best medical advice procurable.

Eat greens of all kinds that the local market affords; drink fresh sweet milk in the early morning and avoid using anything fried. Muffins, biscuits and other bakeware are in order. Butter may be used again, but should be unsalted.

Make it a point to use all the different fresh greens as your principal articles of food and take only enough of bread to make you feel that you have had your dessert.

Strawberries with cream, also mashed and thinned with pineapple juice and cream, insure pure tint and rosy cheeks.

Raw beaten eggs with strawberries will cool the feverish brow and improve the action of the kidneys and liver.

Strawberries with cream are not only delicious but valuable to persons suffering from indigestion. But let sugar alone.

Finely cut onions, mixed with shives and parsley, will prove a splendid remedy for nervous prostration.

Oxheart carrots and sweet peas, eaten with pine nuts, cure asthma.

Fresh carrots eaten raw, with a few caraway and anise seeds, will remove worms.

Watercress with mustard leaves and spinach will overcome fibroids and cancer.

Spinach and dandelion used in small proportions daily for twenty-one days will correct liver complaints.

Mushrooms, asparagus and parsley are a fine combination for him who claims digestive troubles and whose kidneys are weak.

Butter is particularly of value during the month of May to people suffering from lung, throat and nasal troubles. Such butter is to be used in large quantities and unsalted. It must be used fresh and either by itself or with flaked rice, hard tack or wheat preparations, like triscuit or granose biscuit.

The leaves of sorrel and of wild mustard to the stomach better are than all the drugs that man prescribes, and eaten daily as a salad our swollen liver ever bribes so that at night we rest in Morpheus' arms as innocent and sweet as angel faces who the early sunbeams greet.

Should your stomach feel distressed at any time take a few chips of ice, swallow them, then eat as much spinach as will be necessary for you to make a good square meal on and drink the juice of one lemon well salted. Repeat this daily for three to five days. Thereafter use the tops of red beets as a salad with radishes well peeled.

Powdered violet or orris root is better than salt and spices at this season. It tones the stomach, cools the liver, aids the kidneys and insures a healthy skin with a rosy complexion.

Soups are not in order now that so many juicy vegetables adorn the valleys of our paradise.

Cooking should be discarded now and only such dishes used that require no particular preparation except that of cutting, slicing, grating and chopping.

When exhausted and tired take a glass of cream with the juice of two lemons.

When unhappy use a mild cathartic and go to the river-bank or the mountains for inspiration.

Fresh or dry rhubarb is a better chew than tobacco or gum. Take a mouthful daily for ten days and note the clear complexion, and the mild passages that give you so much happiness.

Take a plunge in a running stream of water, a lively pool or lake. Take that plunge before daylight and take a good run until the body seems aglow. Rub the skin gently, then vigorously. Keep it up for a month and you shall know the blessings God bestows upon the head of him who listens to the voice and follows its command. Catarrhs of throat or nose, catarrh of stomach and intestines need not be where man is willing to entrust himself to waterfalls and waterwaves. Where in the early morn before the sun does rise, the healing waters flow, there is the power to cleanse the wise from every malady.

SUMMER TIME.

JUNE.

Blackberries will check diarrhea.

Turnips eaten daily with white onions will dispel scurvy, gravel, and will remove tumors.

Whenever raw food makes you diarrhetic during the warmer season, eat one tablespoonful of browned flour after each meal.

Injections of French almond oil will heal hemorrhoids or piles, whether bleeding or blind.

Sea weeds, the bleached part thereof, are of inestimable value to the sufferer from indigestion and dyspepsia. Pull the weeds; cut the lower ends fine, and eat with a piece of unbuttered bread.

Do not use cheese and eggs at the same time with your meal, but keep them apart. Fried eggs are out of order this month, and baked cheese as in rarebit will call out old conditions. So beware!

Stick to the vegetables in season and have cherries as well as other small fruits in moderate quantities.

Sheep sorrel and water-pepper eaten every day as a salad during June will eradicate fibroids and cancers.

Take a cold plunge or a sponge bath before retiring and be sure you rub off the body thoroly. Go to sleep before midnight and arise before sunrise, making it a point to go out barefoot even if but for five minutes.

Should you be troubled with catarrh in winter or hay fever in mid-summer, remember that June will eradicate it soon if you will simply seek a cozy spot of running water or the lake shore. Jump into the water just at sunrise. Move about lively for five minutes. Go under water a few times. As you come out of the water throw over yourself

a garment quickly while emptying the lungs thoroly and fill your chest thereafter, taking to your heels and running as if for your life for about three minutes. Then rub off body with your hands; use no towels. Having done this daily for ten days you want to let up on it, taking this open-door plunge every other day for a week, and quit before the first of July.

Those suffering from hay fever let them remember that now is the time to take cold water sponge baths three times a day, to wear very light linen clothing, and to swab their nostrils with brandy. At night take a saleratus powder.

Let your food consist of fruits and vegetables of the season, and avoid sugar, salts and condiments if you want to enjoy the glories of the season.

Eat the petals of the buttercup flower as you pass the field. Eat them freely and miss it not to nibble the tender leaves of sheep sorrel wherever it is found. It will send thru your veins intelligences conducive to your bodily welfare.

If feeling heavy and costive, use little pebbles, two or three every other day—pebbles the size of mustard seed.

Petals of blue flowers and those tinged bluish and white possess curative powers during June. Eat them with the dew upon them in small quantities daily and you will never be given to blood diseases of a serious nature. The same is true of small fruits. Gather them before sunrise. Feed on them and be happy.

Do not drink water, which is but a crutch that paralyzes all organic action. Use fruits of an acidulous kind; too much you cannot take of it, my friend.

Clothed lightly, comfortably and in texture and color corresponding to the season, refraining from nightgowns, free from association, resting in the everlasting arms of God, all the inventions of man called hygiene and health measures will become superfluous.

Lettuce with fresh unprepared cucumbers and a few slices of raw potatoes, is the best food for dyspeptics.

Tomatoes are best in intestinal troubles and should be used without preparation.

Drink no water. Quench thy thirst by bathing with cold water, previous to the meal, your upper arms, wrists and hands.

If thirsty after a meal dip thy finger into the running water of the stream beside you and lick the finger gently, as the breezes touch thy lips. Forget not to lift thine eyes beyond the jasper sea, when raising the finger of destiny to thine own blessed lips. And your soul will understand the sacred rite of thy conduct, while thy spirit will shower blessings upon thy head in the form of earthly success.

Clabber with a dish of nutmeg will prove refreshing and aid the alimentary organs, while the skin will remain active.

Now is your time to eradicate rheumatic and all diseases of the kidneys and the bladder by taking long walks in the morning and a sun bath before the noon hour.

Eat green peas, beans, corn, carrots and potatoes. Use all the savories of the season.

Take a handful of plantin leaves; bruise them; pour one pint of hot water upon them (rain water preferable); let it stand all day and at night use this with three to four quarts of hot water in your colon-flushing. After the flushing inject two tablespoonfuls of pure almond oil. Rectal troubles as well as complications of the intestines will be eliminated thru this treatment.

New, small potatoes boiled in their skins and eaten with clabber will be beneficial even to an invalid.

Grated raw beets, turnips and carrots, seasoned with lemon juice or rhubarb juice, are in order and will prove a cooling food.

Any kind of fruit with bread and a glass of buttermilk or lemon milk will make a delicious dish.

Lemon milk is made by gradually beating the juice of one lemon into a bowl of sweet milk. We use the egg beater in this case very successfully.

When your little ones ail or show symptoms of laziness it is because they are robbed of opportunities to express freedom of thought and action. Go out with them into the fields and set unto them an example which they will soon follow. That is by far better and serving the Lord more intelligently than to confine them to the musty Sunday-school room and sit in a pew, entertaining all kinds of ideas but those approaching heaven.

Walk along the still waters of the pond or the roaring flow of torrents and let Nature wash away the accumulations of waste from your feet. Then let the soft and gentle breezes of the air and the ever-searching rays of sunlight breathe the perfume of liberty upon your feet. While yet contemplating turn to your lunch basket, take from it your little crust of bread and spread upon it cottage cheese, mixed with finely cut chives, onion tops, parsley, green tansy, watercress and wild mustard leaves, with additional cream.

People suffering from indigestion, dyspepsia, rheumatism and constipation should eat no bread or cereals, no cheese or potatoes this month. Use plenty of raw foods as Nature offers them. Cucumbers, but not cucumber salads, will prove of great value.

Raspberries should not be fed to children except as jams. Now *is* your time to get rid of all those bunions and frost boils by wearing sandals and at night bathing your feet in hot water, then applying raspberry juice to those blemishes. Like magic these boils will disappear.

Watermelon will drive out epilepsy and yellow fever.

Well ripened gooseberries will prove an excellent liver tonic. Do not mix with other fruit at same meal, and do not use buttermilk with them.

Hot peppers are in order for consumptives, and all those suffering from bronchial and membranous troubles. Care must be taken that the bowels are kept open. Water should not be used unless made into a drink by using a cupful of bran to every quart of water, well stirred, and allowed to stand for at least one-half hour.

Abstain from water. When thirsty and desirous of a cooling drink take lemon, grape or orange juice, two tablespoonfuls to every glass of water.

Eat clabber, buttermilk or sweet milk smoothed down with lemon juice. Vegetables in small quantities. Fruit followed with browned flour bread, or cookies made of cracker-dust or matzos.

Let the consumptive, the catarrhal, hay fever and bronchial sufferer bury his body in the hot sand for an hour with a green umbrella to shade his head, and sponge his body thereafter with boiled vinegar. Keep up daily for ten days and every other day thereafter until the month is up.

Rheumatics and consumptives should not let August pass without giving the white grape cure a test. With soft boiled eggs and whole wheat wafers, gems and bread on the side a cure may be accomplished in three weeks. Eat grapes on an empty stomach when hungry, and last thing at night. In case you grow tired of grapes after a few days, stop eating anything for a day or two. Take a pinch of powdered egg, sea or crab shells three to five times a day. The second day take a tablespoonful of fresh pineapple juice on an empty stomach, and if a desire for grapes does not return, continue with shells until hunger becomes great enough to eat grapes. Do not swallow skins or seeds.

AUTUMN TIME.

SEPTEMBER.

Is your liver swollen and does the uric acid trouble your tissues by day and by night in the form of rheumatism, gout, neuralgia? If so, then confine yourself to the use of white grapes while the season lasts. Eat them in the early morning, eat them when thirsty or hungry until late at night, finishing your grape meal with a little honey bread, ginger or molasses cakes. Seeds and skins should not be eaten.

For skin troubles, eczema or salt rheum you will find the blue grapes of inestimable value, always finishing your meal with milk toast.

Honey is for him this month who suffers from kidney and bladder troubles. Have all the honey and bread you can eat at a meal. In fact, make a meal of it. After a meal, take a tablespoonful of clear lemon juice.

A selection of two or three different acid fruits in addition to grapes will cure liver troubles and costiveness. Use apricots, peaches, pears, plums, figs and apples.

Indigestion, dyspepsia and stomach troubles in general will find cure in the use of white grapes upon an empty stomach, three times a day. Also use cream freely with other fruits. Eat very little bread, and that dipped into boiled olive oil, well sprinkled with cayenne pepper.

Unprepared cucumbers are excellent in weak kidneys. The peelings thrown into the bath will prove invigorating, while the juice of cucumber will clear the skin and preserve its beauty if slices of raw potatoes are rubbed over the skin.

Persimmons, pomegranates, figs and oranges are for catarrhal people and consumptives.

Bananas and rice, either raw or baked, make a splendid food at this season.

Fruits slowly masticated are by far better laxatives than the best medication.

Vegetables of a higher order are now in season, but remember that pumpkins, squashes, melons, cucumbers and all the different species of gourds call for stimulants, tea or black coffee; that is, where gourds are used exclusively.

In case of griping or pain, use strong ginger tea made from ginger fruit or root, or take one-half teaspoonful of mustard seeds.

If you have to have baked apples with cream, forget not to spice them with cinnamon and nutmeg sparingly.

For lung troubles and asthma use Tokay grapes or grapes of a light-red color. Finish up with rice cake sweetened with honey.

Eat fruits, and plenty of them, this month. Particularly peaches, plums, apricots and other stone fruits, if costive. Always counteract stone fruits with seedy fruits to obtain certain good results.

All people with liver and kidney troubles should eat plenty of *white* grapes twice a day and make a little meal on cereals.

Catarrhal people, whether stomach, throat or nasal catarrh, will do best to abstain from grapes, but should use persimmons, pomegranates, figs and oranges.

Rheumatic people should use two to three different kinds of grapes with each meal for the whole of autumn season.

The month of watermelons and cucumbers to those whose liver is torpid and the duodenum fatty. Finish up your watermelon or cucumber meal with a crust of bread and a demi-tasse of Mocha coffee.

Do not change your summer underwear to heavier garments. Wear the same weight of underwear and stockings all the year round and you will be less exposed to colds, catarrhs, pneumonia and even neuralgic troubles. When uncomfortable throw an extra cover over your body, either in the form of an overcoat or a shawl, but take care not to bundle your neck. Neck must be free to allow circulation of the bodily functions.

Lemons correct heart trouble, break fevers, dyspepsia and indigestion.

Is your stomach going back on you? Does it cause you trouble? Confine yourself for several days to one raw white of egg in the morning, another in the evening and in the meanwhile still your hunger with white grapes. Eat little at a time but often, or as often as you feel like it. After a few days you will feel well again, but do not return to your table d'hote but add a dish daily, still making grapes your principal food.

Eat apples and grapes and lots of them, and so as not to grow tired and weary of them during the next six weeks, take a piece of bread with them, like corn bread, rye bread, wheat bread or their equivalents.

Apples to be good must be just a trifle tart, mealy, yet juicy and of a very fine flavor, while grapes must be tasty.

Pumpkins and squashes are particularly of value when cooked in butter and their own juice or baked in an oven. Will prove to be excellent as waste mover when eaten with raw cabbage salad or grated red beets on the side.

Turnips go well with beans and rye bread, but if they are to act on kidneys, use cabbage with them, and peas or eggplant instead of cabbage.

Think of your grated apples with orange juice, your glass of cream with lemon, a bowl of fresh rolled wheat or coarsely ground wheat made into gruel, and be happy.

Raw peanuts with figs will move the bowels, and blanched almonds with grapes our nerves will assist, while chestnuts with prunes will stop all growls, and pine nuts with apple all colds resist.

Going out in the early morning when cold and damp, it is well to take a few drops of Vermouth in grape juice or hot water. Keep the mouth closed and remain relaxed for about one-half of a mile.

With the beginning of cold weather cold sponge baths in a warm room are advisable, followed by dashes of cold water to the principal parts of the body. A mouthful of water should be taken during the procedure of spongings. The water should be held in the mouth for a while before swallowing. It will assist the bath greatly and improve skin activity. In the morning and also upon retiring a few swallows of cold water should be taken.

For constipation nothing is better than a diet for several weeks, and even months, if an absolute cure is desired. Raw cereals in moderate quantities, soft boiled eggs, macerated spinach with oil and lemon, okra with tomatoes, raw sliced potatoes with oil and lemon, very small quantities of unfermented bread, grated apple with juice of orange and cream, baked bananas with cream, will prove most effective. For drinks it is best to confine one's self at this particular season to cereal coffee in small quantities, such coffee containing wheat and barley. Or make a hot rye and barley drink, preparing as you would a tea. Use hop tea, raisin tea, fig and date syrup, raw prunes or prune water. Use all drinks cold. Abstain from spices and salt for a month.

Grated raw turnips eaten with Spanish onions daily for twenty-eight days will eradicate tumors and remove gravel. Use with the turnip, raw spinach and mustard leaves or green pepper.

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